



Great Gathering Guide & Cookbook



GET UP TO...

54% OFF

YOUR FAVORITES.
LOOK INSIDE!

The Omaha Steaks Story

It all began back in 1897, when my great-grandfather, J. J. Simon, and his son, B.A., sailed to America from Europe. They settled down in the Midwest where endless fields of golden corn and clear running streams were abundant. This, they felt, was the perfect place to raise and produce beef of the highest quality.

In 1917, they started their own company and began selling tender, flavorful meat to the most popular restaurants in the area. By the late 1940s, our company's reputation had spread from fine restaurants to the general public. Folks across the nation began writing and calling to find out how they could enjoy this exceptional beef right in their very own homes. Their interest was taken to heart.

In 1952, we began to sell our products by mail. Now thousands of people, in areas where superior quality beef is difficult to find, can have Omaha Steaks conveniently delivered right to their door.

But the convenience doesn't stop with home delivery. You'll love the ease of shopping from the comfort of your own home, 24 hours a day, 7 days a week. Our catalog and mailers make it a breeze to find a guaranteed supply of the best quality meats you've ever tasted, backed by the skill and reputation of a world-famous family business.

You can count on our friendly steak experts to answer all of your questions and to help you find the perfect selection...for home dining, entertaining and gift giving. They'll have preparation tips, helpful hints and delicious recipes created especially for you in our test kitchen.

Sincerely,



Frederick J. Simon
Owner

Welcome To Omaha Steaks!

Phone toll free 8am-5pm CST.....1-800-960-8400
Customer service..... 1-800-228-9872
Fax free anytime..... 1-800-387-8600
Online..... www.OmahaSteaks.com/cookbook



The Omaha Steaks Difference

1. Grain-Fed Beef

Superior to grazing or grass feeding, grain feeding imparts superior marbling, flavor and tenderness.

2. USDA Inspected

All Omaha Steaks must pass a series of rigid tests—your assurance of the finest meat products.

3. Naturally Aged

An exacting process that unlocks the full flavor and tenderness of fine beef.

4. Trimmed by Hand

Our expert steak cutters carve each Omaha Steak by hand. Notice the consistency of your steaks, crowned with just the right exterior marbling to enhance the flavor of each cut.

5. Vacuum Wrapped

Each Omaha Steak is individually packed by our air-tight vacuum process. This allows you to store them much longer without freezer burn.

6. Flash Frozen

Immediately after wrapping, Omaha Steaks are flash frozen to capture freshness and flavor at their peak.

7. Friendly Expert Service

When you call or visit Omaha Steaks, you will instantly receive the attention you deserve. Our friendly steak experts know Omaha Steaks, and they'll be happy to answer your questions, make selections and offer tips from their own experience.


Hungry for more recipes, inside information and cooking tips? Make sure to check out www.SteakBytes.com, the Omaha Steaks blog with regularly updated tips and recipes from Chef Karl. Also visit us on Facebook and Twitter.

Own an iPhone, iPad or Android?

Lucky you! Get your free Omaha Steaks app today and peruse over 100 great recipes anytime, anywhere. Plus, we have a Steak Timer built right into the app – so cooking the perfect steak is easier than ever.

Look ahead for these helpful symbols

NEW! These items are new in this year's Omaha Steaks Catalog & Cookbook.

 These products or recipes can be microwaved. Because microwaves vary in power and size, these instructions should serve only as a guide. By experimenting with your own unit, you can achieve more favorable results. Suggestions for products or recipes were tested in an 1100-watt power microwave with turntable. If not using a turntable, rotate once during the cooking process. (Please use our suggestions as guidelines only.)

 Look for the shaded Omaha Steaks recipes throughout the Cookbook.



Greetings Friend,

Welcome to the delicious world of Omaha Steaks...through the pages of our new Great Gathering Guide and Cookbook you'll find a wealth of helpful tips. For over 95 years customers have expressed their delight in finding excellent products backed by the highest level of customer service.

The Great Gathering Guide & Cookbook is your roadmap to culinary rave reviews! Here you'll find basic cooking instructions for our products and everything you need to know to become a steak cooking expert. (Don't miss the Steak Cooking Chart on the inside back cover for your key to cooking the perfect steak every time!)

As you enjoy our delicious products, if any questions pop up about cooking or serving, please feel free to call us at 1-800-228-9872.

Did you know that you can now download Omaha Steaks free app, Steak Time? That's right, this handy app has load of "how to" information and videos. You'll find our helpful Grilling Timer that allows you to create a personalized steak timer for any type of steak and any doneness – by individual guest. Plus, there's our customer favorite, conversations cards... the perfect dinner time discussion starter. Simply go to the App Store or Google play to down load your free copy!

From traditional to trendy, quick meals to gourmet masterpieces and the ultimate in fabulous gifts, Omaha Steaks has all you need to make dining a superb experience.

Bon Appetit! 

10 Tips For Perfect Grilling

1. Clean and preheat grill on high.*
2. Lightly oil food before putting on the grill. This helps the searing process and prevents sticking.
3. Season food as desired before grilling.
4. High, direct heat from the grill sears the surface of food and searing contributes to the ultimate flavor and juiciness of the food.
5. Use tongs/spatula to flip food on the grill, as forks can dry out the steaks.
6. Keep the lid on the grill closed as much as possible as this helps regulate the temperature and prevent flare-ups.
7. Keep a spray bottle of water handy to tame any unexpected flare-ups.
8. Use the 60/40 grilling method. Grill for 60% of the time on the first side, then flip food product and grill 40% of the time on the second side.
9. Place cooked food on a clean plate. Do not use the same plate for raw and cooked foods to prevent cross contamination.
10. Allow food to "rest" for 5 minutes between cooking and consuming. This will help the food to retain moisture before cutting.

*For Private Reserve products: preheat grill on high and then reduce to medium.

Storing, Thawing & Cooking

Omaha Steaks are aged cuts of grain-fed beef and flash frozen at the peak of flavor. Our natural aging process imparts a distinct flavor and tenderness to the beef. Here's how to prepare your Omaha Steaks...

Handling Food Safely – Storing and Thawing

- The vacuum packaging Omaha Steaks uses keeps the products fresh and flavorful up to 6 months in a freezer.
- Do not use the same cutting board or platter for raw meats and cooked meats. Wash hands, utensils, and counters that contact raw foods.
- Do not thaw at room temperature. It runs the risk of bacteria formation.
- Keep seafood frozen until used. Thaw under refrigeration immediately before use.
- Refrigerate leftovers promptly, within two hours of removal from heat source. One hour if room temperature is in excess of 90°F degrees.

Refrigeration Thawing:

- Thaw in refrigerator for best results. Allows for juicier, more flavorful food.
- Remove food product from the corrugated box and place in a single layer on a tray. Always leave the vacuum packaging on while thawing.

Timetable for Thawing Meats in the Refrigerator

Meat Variety	Time in Refrigerator (36°F-40°F)
Roast	8-15 hours per pound
Steak	16-24 hours
Turkey	36-48 hours per 4-5 pounds
Poultry	24 hours per 1-2 pounds

Quick Thawing:

- Place food product in cold water, in the vacuum package, for 30-45 minutes.
- Do not refreeze meat or seafood after quick thawing.

Microwaving:

- Least recommended method of thawing, because product will lose more natural juices, resulting in a final product that may be drier and less tender.
- Thaw foods in the microwave only if it will be cooked immediately.

Broiling in the Oven

- Broiling is a rapid, high heat cooking method, used for tender cuts of meat and fish.
- Always preheat the oven. Turn oven control to "Broil/High." Check to make sure food is 2" to 3" away from the heat source.

Cooking

For preferred doneness, use the following information throughout the cookbook:

Beef.....	p. 15-17	Pork.....	p. 25
Lamb,Veal		Poultry.....	p. 33
& Duckling.....	p. 29	Seafood.....	p. 23

Cooking from Frozen

- Cooking from frozen is not the preferred method to cook meats and roasts, but it is possible to obtain satisfactory results without thawing.
- Place meat farther from heat when broiling or grilling.
- Broil or grill 1½ to 2 times the suggested time for thawed meat.
- Roast 1⅓ to 1½ times the suggested time for thawed roasts.


Convection Ovens

- For convection ovens, bake at temperatures 25°F-50°F lower than a conventional oven. Check owner's manual regarding the type of cooking pans recommended for use in the convection oven.

Conventional Ovens

- Times and temperatures in this guide are based on conventional ovens.
- Oven temperatures can vary 50°F either way. It is a good idea to have an oven thermometer to correctly regulate oven temperature.
- When cooking several items at the same time, allow sufficient space between foods for proper circulation. Roasting time and temperature do not need to be increased.

Microwave Ovens

- Look for this symbol to indicate microwave preparation method. 
- Microwave times listed in the guide are based on a 1100-watt power microwave with turntable. If not using a turntable, rotate once during cooking. To allow for variances in microwave wattage, always check food for doneness at the minimum cooking time given in a recipe.
- Microwaving steaks and burgers does not result in optimum browning.

Refreezing

- Meat thawed at refrigerated temperatures (36°F to 40°F) can be refrozen within 1-2 days of holding at refrigerated temperatures.
- Do not refreeze food that has been frozen and reheated.
- Do not refreeze food that has been quick thawed or microwave thawed.
- Do not refreeze food that's been removed from vacuum-sealed packaging.
- Do not refreeze seafood thawed in vacuum-sealed packaging.

Roasting

- Tender roasts are left uncovered so browning occurs. If a roast has a netting, leave it on while cooking. Kitchen thermometers are an accurate way to determine doneness in large cuts of meat.

Sear Roasting & Slow Roasting

- Sear roasting is a technique to brown (or sear) the meat prior to roasting, which seals in the juices and greatly increases flavor.
- Slow roasting after searing retains more juices in the meat and allows for more even cooking and doneness throughout the meat.

Toaster Ovens

- Satisfactory results can be obtained using toaster ovens. Use temperatures and times listed for oven baking. Slight time changes may be necessary.

Grilling Techniques


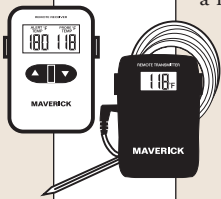
- Always preheat the grill or let the charcoal acquire a thin coating of gray ash and red glow.
- A grill lid regulates temperature. Keeping the lid on will speed up cooking time and reduce flare-ups. Raising the lid lowers the temperature.
- Refer to the Steak Cooking Chart for grilling or oven broiling guidelines.

Indoor Contact Grills

- Food will tend to cook in about half the time mentioned in the Omaha Steaks Great Gathering Guide & Cookbook because both surfaces cook at the same time. Thaw products in the refrigerator prior to cooking when using a indoor contact grill.
- Cook ground beef to 160°F internal temperature measured with a kitchen thermometer. Since cooking conditions may vary, adjustments in cooking times may be found necessary.
- Refer to your owner's manual for specific instructions.

Choosing a Kitchen Thermometer

Use the following information as a guide to purchasing and using kitchen thermometers. Based on technical information provided by USDA Food Safety and Inspection Service (05/08).

Thermometer	Speed	Placement	Usage Considerations
Bimetal (instant-read) 	15 to 20 seconds	2 to 2½ inch deep in the thickest part of the food	<ul style="list-style-type: none">• Can be used in roasts, casseroles and soups• Checks the internal temperature of a food at the end of cooking• Can be calibrated• Cannot measure thin foods unless inserted sideways• Cannot be used in an oven while food is cooking• Temperature is averaged along 2-3" of probe• Readily available in most stores
Remote Thermometer (digital) 	10 seconds	At least ½ inch deep in a food product	<ul style="list-style-type: none">• Can be used in most foods• Can also be used outside the oven• Designed to be left in the food while cooking in the oven or in a covered pot container• Base unit sits on stovetop or counter for easy reading• It cannot be calibrated

Beef



For Grilling or Broiling instructions refer to the Omaha Steaks Cooking Chart or Private Reserve Chart on pages 15-17 for the following steaks:

- Filet Mignons
- Triple-Trimmed Filet Mignons
- Bone-In Filet Mignons
- Filet of Prime Rib (Ribeyes)

- Top Sirloin Steaks
- Bone-In Ribeye Steaks
- Omaha Strip Steaks, Bone-In
- Flat Iron Steaks
- T-Bone & Porterhouse Steaks
- Sirloin Supreme Steaks
- London Broil Steaks
- Whiskey-Marinated Top Sirloins

Beef Entrees

BBQ Flat Iron Wraps

(makes two wraps)

- 1 (7 oz.) Flat Iron Steak, thawed
 - 2 (10-inch) Flour Tortillas
 - 4 Tbsp. Omaha Steaks BBQ Sauce
 - 6 oz. Omaha Steaks Roasted Garlic Mashed Potatoes, heated
 - 2 oz. Creamy Coleslaw (prepared)
- Season Flat Iron Steaks and grill to desired doneness. Remove from grill and allow to rest a few minutes before slicing thinly across the grain.
 - Microwave tortillas for 10-20 seconds.
 - Spread 2 Tbsp. sauce on each tortilla.
 - Place half of the steak on each tortilla.
 - Place 3 oz. of potatoes on steak.
 - Top with 1 oz. of coleslaw. Fold over one end of the tortilla and roll up.

Shredded BBQ Beef

FROM FROZEN:

Microwave:

- Place covered tray in microwave and heat on high for 6-8 minutes.
- Let stand for 1-2 minutes. Stir well.

FROM THAWED:

Thaw in refrigerator.

Stovetop:

- Remove thawed shredded beef from packaging and place in saucepan.
- Heat over medium heat while stirring constantly for 5-6 minutes.

Home-Style Beef Brisket

(thaw in refrigerator)

Bake:

- Marinate or season as desired.
- Preheat oven to 325°F.
- Heat a small amount of oil in a large skillet over high heat on the stovetop.
- Carefully place brisket in skillet and brown for 2-3 minutes on each side.
- Transfer brisket to a baking pan, adding ½ cup of water.
- Cover pan tightly with foil, crimping the edges.
- Cook for 3 to 3 ½ hours.
- Slice thin across the grain of the meat*.

Crock Pot:

- Marinate or season as desired.
- Heat a small amount of oil in a large skillet over high heat on the stovetop.
- Carefully place brisket in skillet and brown for 2-3 minutes on each side.
- Place brisket in crock pot with ½ cup of water. Cover with lid.
- Cook 4-5 hours high or 9-10 low heat.
- Slice thin across the grain of the meat*.

*See the diagram on page 9 for slicing.

Tip: Turn the Beef Brisket into a Barbeque Brisket by adding 1 cup of your favorite Barbeque Sauce to the pan or crock pot when cooking.

M Beef Sirloin Tips with Mushroom & Wine Sauce

(do not thaw)

Microwave:

- Cut slit in center of film.
- Cook on high 7 minutes.
- Remove film, stir, heat additional 2 minutes.
- Stir and serve.

Oven:

- Preheat oven 350°F.
- Remove film before baking.
- Place tray on cookie sheet on middle rack of oven. Bake for 45 minutes.
- Remove from oven and stir. Bake for additional 20 minutes; then stir and serve.

M Beef Sirloin Stew

(do not thaw)

Microwave:

- Cut slit in center of film.
- Cook on high 7 minutes.
- Remove film, stir, heat additional 2 minutes.
- Stir and serve.

Oven:

- Preheat oven 350°F.
- Remove film before baking.
- Place tray on cookie sheet on middle rack of oven. Bake for 45 minutes.
- Remove from oven and stir. Bake for additional 20 minutes; then stir and serve.

M Beef Stroganoff

(do not thaw)

Microwave:

- Cut slit in center of film.
- Cook on high 7 minutes.
- Remove film, stir, heat additional 1-2 minutes.
- Stir and serve.

Oven:

- Preheat oven 350°F.
- Remove film before baking.
- Place tray on cookie sheet on middle rack of oven. Bake for 40 minutes.
- Remove from oven and stir. Bake for additional 20 minutes; then stir and serve.

Corned Beef & Cabbage

Corned Beef Brisket, thawed
Assorted Vegetables (carrots, cabbage wedges, new potatoes, white onions, green peppers)

- Preheat oven to 375°F.
- Pour 2 cups water into bottom of a large roasting pan.
- Remove packaging from brisket and place, fat side up, in the center of the pan.
- Arrange vegetables around brisket. Season with salt and ground pepper, if desired.
- Cover pan and cook 1 hour, 15 min. Baste vegetables once or twice as needed. Serves 6-8.

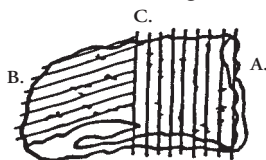
Old Fashioned Corned Beef

(thaw in refrigerator)

Bake:

- Preheat oven to 325°F.
- Remove brisket from package and place in a roasting pan. Add ½ cup of water to bottom of pan.
- Cover with foil, heat for about 45-60 minutes.
- Remove from oven, scrape spices from brisket.
- To serve, carve into thin slices across grain. See diagram below.
- From frozen, bake 60-75 minutes.
- Brisket can be thawed with spices removed & sliced for sandwiches*.

To slice, refer to the diagram below:



1. Position the brisket on the slicing board, lean side down.
2. Hold firmly with fork and begin slicing across grain of meat at "A". Continue removing thin slices to center of brisket "C".
3. Now turn brisket and then continue slicing at "B". You will be slicing across the grain. We recommend this method because the two muscles of the brisket run in different directions.

Browse other unique recipes online
at www.OmahaSteaks.com

Fully Cooked Pot Roast

FROM THAWED:

Thaw in refrigerator.

Bake:

- Preheat oven to 400°F.
- Remove thawed roast and juice from package and place in a covered pan.
- Bake for 40-50 minutes.

FROM FROZEN:

Microwave:

- Place frozen roast and packaging upside down in microwave safe dish.
- Microwave on DEFROST for 30 minutes, turning over halfway through cooking.
- Cut 2 small slits in packaging, microwave on high 15-17 minutes.
- Remove from packaging. Slice and serve with au jus.

Precooked Prime Rib Slices

(precooked | thaw in refrigerator)

Grill:

- Preheat grill.
- Brush Prime Rib slice with olive oil.
- Grill for approximately:
2 ½-3 minutes each side for medium rare; 3 ½ minutes each side for medium; 5-6 minutes each side for well-done.

Broil:

- Preheat broiler with pan, positioning top rack 3-4 inches from heat source.
- Brush slices lightly with olive oil.
- Broil for approximately:
2 ½ minutes each side for medium rare, 3 ½ minutes each side for medium or 5-6 minutes each side for well-done.

Microwave:

- Place vacuum packaged slice on a microwave safe plate.
- Cut two slits in top of package.
- Cook 1 slice for: 60-75 seconds on high for medium rare; 75-90 seconds for medium; 2 minutes for well-done.

Precooked Italian-Style Meatballs

(precooked | do not thaw)

Bake:

- Preheat oven to 375°F.
- Place meatballs 1 inch apart on a foil lined baking sheet.
- Heat on high for 20-25 minutes. Serve as an appetizer, on a salad, sandwich or in marinara sauce.

Microwave:

- Remove meatballs from packaging and place in a microwave-safe dish. Cover with plastic, venting one corner.
- Cook on high for 5-6 minutes. To prepare ½ the package or less of meatballs; microwave for 3-4 minutes. Serve as an appetizer, on a salad or sandwich or in marinara sauce.

Tip: For an easy appetizer make **Sweet & Sour Meatballs**. Combine a 12 oz. jar of Chile Sauce, 2 cups Grape Jelly and 2 (1 lb.) bags of frozen Italian Meatballs in a crockpot. Cook for 2-5 hours on low.

Calves Liver

(Recipe for Liver and Onions)

Stovetop:

- Partially thaw 4 liver slices. Preheat 2 Tbsp. of cooking oil over medium heat.
- Saute 3 medium-sized white onions that have been sliced into rings for approximately 8-10 minutes.
- Remove onions to platter and cover.
- Add 2 Tbsp. of oil and heat.
- Saute 4 liver slices approximately 1 minute per side. Liver will be cooked to medium doneness with a slightly pink center.

FROM FROZEN:

Grill:

- Preheat grill.
- Grill liver slices 3 minutes per side.

Broil:

- Preheat broiler.
- Place liver slices on a broiler pan and broil for 3 minutes per side.

M Old World Beef Franks

(fully cooked)

Boil:

- From frozen or thawed, boil franks for 8-10 minutes.

Grill:

- Grill franks over medium heat until brown on all sides. Frozen franks will cook in approximately 15 minutes. Thawed franks take about 8 minutes.

Microwave:

- Place frank on microwave safe plate.
- Cover with a paper towel.
- For one frank heat on high for 1½–2 minutes, if frozen. Heat for 1 minute, if thawed.

Reuben Sandwiches

- 1 Corned Beef Brisket, sliced
- 2 slices Swiss cheese
- 4 slices Dark or light rye bread
- 4 Tbsp. Sauerkraut
- 3 Tbsp. Thousand Island dressing
- 1 Tbsp. Butter

- Put several layers of corned beef and 1 slice of cheese on 2 slices of bread each.
- Put about 2 Tbsp. of sauerkraut on each sandwich.
- Spread the dressing on other two bread slices and place on the sauerkraut.
- Melt the butter in a skillet over medium-low heat.
- Place sandwich in the skillet and brown on each side. Serves 2.

Premium Ground Beef

Thaw in refrigerator. Use as a starter for your favorite ground beef recipes.

Tenderloin Kabobs

(thaw in refrigerator)

Broil or Grill:

- Place kabobs on grill turning a quarter of a turn every 2-3 minutes.
- Baste kabobs with butter or oil to keep moist.
- Total cooking time 8-12 minutes.

Contact Grill:

- Grill 4-5 minutes total, turn once or twice to brown all surfaces.

Tenderloin Tips

(thaw in refrigerator)

Pan Sauté:

- Cut thawed tenderloin tips into bite-size pieces.
- Sauté in a small amount of butter or oil on medium heat 2-3 minutes.
- Serve over rice or noodles. Use as meat for chili or in a stew recipe.

Contact Grill:

- Grill 4-5 minutes (medium rare) or until desired doneness.

Grill:

- Grill 1-3 minutes on each side for medium rare or until desired doneness.

Burgers

Omaha Steaks Burgers, Gourmet Burgers, Jumbo Steak Burgers & Private Reserve® Angus Burgers

(4 oz.) (5 oz.) (6 oz.) (8 oz.)

Thaw in refrigerator. Remove burgers from the packaging while still frozen.

Grill or Broil:

- Grill or broil for 5-6 minutes (4 or 5 oz.), 6-7 minutes (6 oz.), or 7-8 minutes (8 oz.) per side or until internal temperature reads 160°F. Overcooking can result in dry product.

Contact Grill:

- Grill for a total of 5-6 minutes (4 or 5 oz.) 6-7 minutes (6 oz.) or 7-8 minutes (8 oz.) or until internal temp. reaches 160°F.

Pan Fry:

- Preheat a small amount of cooking oil in a nonstick pan over medium heat.
- Add burgers, pan sauté burgers for 6-8 minutes (4 or 5 oz.), 7-8 minutes (6 oz.) or 8-9 minutes (8 oz.) on each side or until the internal temperature reaches 160°F.

For perfect toasted burger buns, spread cut side of bun with a thin layer of mayo. Place on grill or under broiler and toast to desired doneness.

Southwestern Chipotle Burger

- 1 Omaha Steaks Burger
- 1 Whole Wheat Bun
- 2 Tbsp. Chipotle Mayonnaise
- 2 Tbsp. Pico De Gallo
- ¼ Avocado, sliced
- To Taste Omaha Steaks Southwest Chipotle Seasoning

- Prepare Chipotle Mayonnaise and Pico De Gallo. Season burger with Southwest Chipotle Seasoning.
- Grill, broil or pan-fry burger until internal temperature reaches 160°F.
- Slice bun and toast on grill/broiler.
- Spread 1 Tbsp. of Chipotle Mayonnaise on each half of bun.
- Place cooked burger on bun and top with Pico De Gallo and avocado slices. Place remaining bun on top.

Chipotle Mayonnaise: (8 servings)

- 1 cup Mayonnaise
- 1 Tbsp. Garlic, chopped
- 1 Tbsp. Canned Chipotle Chile in Adobo Sauce, pureed
- 2 Tbsp. Lime Juice, squeezed
- 1 tsp. Kosher Salt
- Combine all ingredients and mix.
- Can be stored 1 week in the fridge.

Pico De Gallo:

- 2 cups Roma Tomatoes, diced
- ½ cup White Onion, diced
- 3 Tbsp. Cilantro, chopped finely
- 1 Tbsp. Jalapeno, minced
- 1 Tbsp. Lime Juice, fresh
- 1 tsp. Kosher Salt
- Combine all ingredients and mix.

Notes/Comments:

NEW! Marinated Flank Steaks

(thaw in refrigerator)

12 oz:

Grill or Broil:

- Preheat grill on high or broiler and position top rack 3-4" from element.
- Remove steaks from package and blot dry with clean paper towel.
- Grill or broil 4 minutes on first side and 2-3 minutes on second side for medium rare; 6 minutes on first side and 4-5 minutes on second side for medium well.
- Remove from grill or boiler and allow to rest 3-5 minutes, and serve.

20 oz:

Grill or Broil:

- Preheat grill on high or broiler and position top rack 3-4" from element.
- Remove steaks from package and blot dry with clean paper towel.
- Grill or broil 5 minutes on first side and 2-3 minutes on second side for medium rare; 7 minutes on first side and 4-5 minutes on second side for medium well.
- Remove from grill or boiler and allow to rest 3-5 minutes, and serve.

NEW! Chicken Fried Steaks

(do not thaw)

Bake:

- Preheat oven to 400°F.
- Remove steaks from package and place on a foil lined baking sheet.
- Bake for 12 minutes.
- Flip over steaks and bake for an additional 10-12 minutes. Top with our new Country-Style White Gravy.

Tip: Create a steakhouse presentation with crosshatch grill marks on top of the steak. Cook steak for half the required time on side one, then rotate steak 90° and cook for the remaining time on side one. Then flip steak over and repeat the crosshatching method.

Filet Mignons

Bacon-Wrapped Filet Mignons

(thaw in refrigerator)

Caution: contains metal skewer.
Do not microwave.

Refer to the Steak Cooking Chart on the inside back cover or page 15 for the timing. If desired, side sear steaks by using tongs to hold the cooked steaks on side over heat source to crisp bacon. Remove skewer prior to serving.

Filet Mignon with Mushrooms

(Recipe by James Beard)

6 (6 oz.)	Filet Mignons, thawed
	Oil
½ cup	Scotch
¾ lb.	Fresh mushrooms, sliced
3 Tbsp.	Butter
2 tsp.	Flour
	Salt and pepper, to taste
1 cup	Heavy cream, heated
6 slices	French bread
6 Tbsp.	Butter

- Remove filets from package, set aside.
- Heat 3 Tbsp. butter in large saute pan, over medium heat. Sauté the mushrooms for about 8-10 minutes.
- Add flour, blend well. Add salt & pepper to taste.
- Stir in warmed cream, reduce heat to keep warm.
- In a separate saute pan, heat small amount of oil on medium high heat.
- Sauté filets for 2 ½ minutes per side for rare; 3-4 minutes per side for medium rare.
- Meanwhile, in a separate saute pan, heat 6 Tbsp. butter over medium high heat. Add bread slices, turning often until lightly golden brown.
- Place one bread slice on each serving plate.
- Top each bread slice with filet.
- Add Scotch to filet pan juices, boil for 1-2 minutes.
- Add mushroom sauce to pan with scotch. Spoon over filets and serve.

Sear Roasted Filet Mignons

Thaw 5 oz. or 6 oz. Omaha Steaks Filet Mignons overnight in the refrigerator or use the quick thaw method of placing steaks in their vacuum packaging in a sink with cold water for 30 minutes.

- Preheat oven to 450°F.
- Remove steaks from the vacuum packaging and season.
- Heat 1 Tbsp. olive oil over medium heat in a large ovenproof saute pan.
- When the oil is hot, add filets to the pan and sear until nicely browned, about 2 minutes on each side.
- Place the saute pan into the oven and roast 4-5 minutes for medium doneness.
- Carefully remove the hot pan from the oven, using a heavy duty hot pad.

Steak Diane

2 (6 oz.)	Filet Mignons, thawed
⅛ tsp.	Salt
⅛ tsp.	Freshly ground pepper
2 Tbsp.	Butter
1 tsp.	Dijon-style mustard
2 Tbsp.	Shallots, minced
1 Tbsp.	Butter
1 Tbsp.	Lemon juice
1 ½ tsp.	Worcestershire sauce
1 Tbsp.	Fresh chives, minced
1 tsp.	Brandy
1 Tbsp.	Fresh parsley, minced

- Season both sides of steak with salt and pepper.
 - Melt 2 Tbsp. butter in a heavy skillet; add mustard and shallots.
 - Sauté over medium heat 1 minute.
 - Add steaks and cook approximately 3 minutes each side for medium rare.
 - Remove steaks to serving plate and keep warm.
 - Add into pan: drippings, 1 Tbsp. butter, lemon juice, Worcestershire sauce and chives.
 - Cook for 2 minutes.
 - Add brandy, pour sauce over steaks.
 - Sprinkle parsley the over top.
- Serves 2.

Sirloin Steaks

Bacon-Wrapped Top Sirloins

(thaw in refrigerator)

Caution: contains metal skewer. Do not microwave. Refer to the Steak Cooking Chart on the inside back cover or page 15 for the timing. If desired, side sear steaks by using tongs to hold the cooked steaks on side over heat source to crisp bacon. Remove skewer prior to serving.

Mediterranean Sirloin Skewers

(thaw in refrigerator)

Grill:

- Preheat grill to high.
- Remove skewers from package.
- Grill over high 4-5 minutes per side.

Broil:

- Preheat broiler, positioning top rack 3-4 inches from element.
- Remove skewers from package.
- Place on broiler pan on top oven rack. Broil 4-5 minutes on each side.

Parmesan Dijon Crusted Strip Loin

4 (10-14 oz.) Omaha Steaks Strip Loin Steaks, thawed

¼ cup Dijon Mustard

1 tsp. Kosher Salt

½ tsp. Black Pepper

½ cup Parmesan Cheese, grated

8 tsp. Italian Parsley, chopped

- Coat strips with Dijon mustard.
- Sprinkle both sides of steaks with salt and black pepper.
- Sprinkle each side of steaks with 1 Tbsp. of grated Parmesan cheese (may need to pat down cheese to make it stick to mustard).
- Sprinkle each side of steaks with 1 tsp. of chopped Italian Parsley.
- Steaks can be grilled, broiled or pan-sautéed to desired doneness.

Tip: Steaks may be prepared one day ahead of time and stored in the refrigerator until ready to cook.

Steak au Poivre

(recipe by James Beard)

2 (10 oz.) Boneless Strip Sirloins, thawed

1 Tbsp. Crushed or Ground Pepper

1 tsp. Oil

1 cup Armagnac, Cognac or Bourbon, warmed

- About 30 minutes before cooking, press about ½ Tbsp. per steak of crushed pepper into both steak sides, using the heel of your hand.
- In heavy skillet, heat oil on high heat.
- Sear steaks on both sides for about 2 minutes each side.
- Reduce heat; cook to desired doneness.
- Carefully add liquor to skillet and cook for 1 minute longer.
- Remove steaks to a hot plate, rinse pan with 1 tsp. of the same liquor and pour over steaks.

Tip: For even doneness throughout your steak, try searing both sides of thawed steak in a hot oven-proof skillet. Finish steaks in a preheated 300°F oven until desired doneness.

Beef Sirloin Tips

(thaw in refrigerator)

Pan Sauté:

- Remove from package, pat dry and if desired, cut into smaller pieces.
- Preheat 1 teaspoon oil in a large nonstick skillet on medium high heat.
- Add tips and quickly sear for 4-6 minutes until well browned, turning once in skillet. Do not crowd meat.

BEEF COOKING GUIDE

Doneness	Internal Temperatures
Rare	120°F - 130°F
Medium Rare	130°F - 140°F
Medium	140°F - 150°F
Well	160°F - 170°F
*Ground Beef	160°F

*The USDA recommends that ground beef be cooked to an internal temperature of 160°F. Temperatures indicated are final for serving. Remove roasts from oven 5-10 degrees lower than these final temperatures to allow for the temperature rise in meat prior to serving.

Boneless Heart of Prime Rib Roast

(4lb.) (8lb.)

Thaw in refrigerator.
For best results, see roasting chart on page 16, or for quick roasting method, follow instructions at right.

Bake:

- Preheat oven to 450°F. If desired, brush entire roast with olive oil prior to seasoning. Rub the roast with salt and pepper; Omaha Steaks Seasoning; or the seasoning of your choice. Place on a rack in a shallow roasting pan.

4 pound roast – Roast for 15 minutes at 450°F. Reduce oven temperature to 325°; continue roasting for 75-90 min. or until the internal temperature reads 130°. Remove the roast from oven and place on a heated serving platter. Let rest for 5-10 minutes before carving. Final internal temperature will be approximately 135° which is medium rare. Serves 6-8.

8 pound roast – Roast at 450°F for 15 min. Reduce oven temperature to 325° and continue roasting for 1½-1¾ hours or until the internal temperature reaches 130°. Remove from oven and continue as above. Serves 12-16.



New! Deli Meat

Deli-Style Roast Beef Slices, Pastrami Slices, Corned Beef Slices and Oven Roasted Turkey Breast Slices

- Thaw in refrigerator. Serve slices cold for sandwiches or warm.

Oven:

- Wrap slices in aluminum foil. Place in preheated 350°F oven for 13-15 min.

Microwave:

- Place slices on microwave safe dish, cover with plastic wrap, venting one corner. Microwave on high for 30 seconds to 1 minute per serving.

Omaha Steaks Cooking Chart

This chart is also found on the inside back cover of the Cookbook for your convenience.
The cooking times below are in minutes and based on using fully thawed steaks.

Gas or Red Hot Charcoal Grill – Preheat grill on high. Lightly oil or season steaks. Refer to cooking times below. Allow 3-5 minutes resting time before serving steaks. Apply sauce or glaze if desired.

	Thickness	½"	¾"	1"	1 ¼"	1 ½"	1 ¾"	2"
Rare 120°-130°F	First Side	2	4	5	5	6	7	8
	After Turning	2	2	3	4	4	5	6
Medium Rare 130°-140°F	First Side	3	4	5	6	7	8	9
	After Turning	2	3	4	5	5	6	8
Medium 140°-150°F	First Side	4	5	6	7	7	8	10
	After Turning	2	3	4	5	6	7	8
Well Done 160°-170°F	First Side	5	7	8	9	10	11	13
	After Turning	3	5	6	7	8	9	11

Preheated Oven Broiler – place pan 2-3 inches away from the broiler heat source.

	Thickness	½"	¾"	1"	1 ¼"	1 ½"	1 ¾"	2"
Rare 120°-130°F	First Side	4	5	6	7	7	8	10
	After Turning	3	4	5	5	6	7	8
Medium Rare 130°-140°F	First Side	5	6	7	8	8	9	11
	After Turning	4	5	6	6	7	7	9
Medium 140°-150°F	First Side	6	7	8	8	9	9	12
	After Turning	4	5	6	7	7	8	10
Well Done 160°-170°F	First Side	9	10	11	12	13	14	15
	After Turning	7	8	9	10	11	12	13

Omaha Steaks test kitchen equipment may vary from yours in the amount of heat produced.
Verify degree of doneness by using your kitchen thermometer.

To Pan Fry Steaks: Heat a small amount of oil in large saute pan on med-high. Add steaks to pan and sear. Flip on the other side and lower heat to medium. Cook until desired doneness is reached.

Omaha Steaks Roast Cooking Chart

The cooking times below are for fully thawed roasts.

Sear and Slow Roast Method – Preheat the oven to 250°F. Lightly oil and season roast. Sear roasts in an oven proof pan, with small amount of oil, or on the grill for 2-3 minutes on each side or until well browned. Place the roast on an elevated rack in a roasting pan. Refer to approximate cooking times below. Allow 15-20 minutes resting time before slicing and serving.

	Weight	Rare 120°-130°F	Med Rare 130°-140°F	Medium 140°-150°F	Well160°-170°F
Chateaubriand Roast	10 oz.	35-40 min	45-50 min	1 hr 5 min – 1 hr 10 min	1½ hrs – 1 hr 35 min
Chateaubriand Roast	2 lb.	1-1 hr 5 min	1 hr 5 min – 1 hr 15 min	1 hr 15 min – 1 hr 25 min	1 hr 35 min – 1 hr 45 min
Chateaubriand Roast	3 lb.	1-1 hr 10 min	1 hr 10 min – 1 hr 20 min	1 hr 20 min – 1 hr 30 min	1 hr 45 min – 1 hr 55 min
Chateaubriand Roast	4 lb.	1 hr 10 min - 1 hr 20 min	1 hr 20 min – 1 hr 30 min	1 hr 30 min - 1 hr 40 min	1 hr 50 min - 2 hrs
Rib Roast	4 lb.	2 hr 10 min – 2 hr 20 min	2 hr 25 min – 2 hr 35 min	2 hr 45 min - 3 hrs	3 hr 30 min - 4 hrs
Rib Roast	8 lb.	3 hr 15 min – 3 hr 45 min	4 hr – 4 hr 30 min	4 hr 30 min- 5 hrs	5 hr 30 min- 6 hrs
Rib Roast, Bone-In	6 lb.	2 hrs 45 min - 3 hrs	3 hrs 30 min– 4 hrs	4 hrs – 4 hrs 30 min	5 hrs – 5 hrs 30 min
Tri-Tip Sirloin Roast	1.5 lb.	40-45 min	55-60 min	1 hr 15 min	1 hr 35 min - 1 hr 45 min
Top Sirloin Roast	2 lb.	1 hr 10 min – 1 hr 20 min	1 hr 20 min – 1 hr 30 min	1 hr 30 min - 1 hr 40 min	1 hr 50 min - 2 hrs

Quick Roast Method* Preheat oven to 400°F. Lightly oil and season roast. Place on an elevated rack in a roasting pan. Roast uncovered, using times below. Allow 20-40 minutes resting time before slicing.

	Weight	Rare 120°-130°F	Med Rare 130°-140°F	Medium 140°-150°F	Well160°-170°F
Chateaubriand Roast	10 oz.	22-24 min	28-30 min	32-35 min	45-50 min
Chateaubriand Roast	2 lb.	30-35 min	35-40 min	40-45 min	1 hr – 1 hr 15 min
Chateaubriand Roast	3 lb.	45-50 min	55-60 min	1 hr 5 min – 1 hr 10 min	1 hr 15 min - 1 hr 30 min
Chateaubriand Roast	4 lb.	50-55 min	1 hr - 1 hr 5 min	1 hr 10 min - 1 hr 15 min	1 hr 30 min - 1 hr 45 min
Rib Roast	4 lb.	1 hr 20 min - 1 hr 30 min	1 hr 30 min- 1 hr 40 min	1 hr 45 min - 2 hrs	2 hrs 15 min- 2 hrs 30 min
Rib Roast, Bone-In	6 lb.	2 hrs - 2 hrs 15 min	2 hr 15 min - 2 hr 30 min	2 hrs 30 min - 2 hrs 45 min	3 hrs – 3 hrs 15 min
Rib Roast	8 lb.	2 hrs 15 min - 2 hrs 30 min	2 hrs 30 min - 2 hrs 40 min	2 hrs 45 min - 3 hrs	3 hrs 30 min – 3 hrs 45 min
Tri-Tip Sirloin Roast	1.5 lb.	30-35 min	35-40 min	45-50 min	1 hr - 1 hr 15 min
Top Sirloin Roast	2 lb.	50-60 min	1 hr - 1 hr 10 min	1 hr 10 min - 1 hr 20 min	1 hr 30 min - 1 hr 40 min

*Verify degrees of doneness by using a kitchen thermometer. Above times are approximate.

PRIVATE RESERVE®

STEAK & CHOP COOKING CHART

The cooking times below are in minutes and based on fully thawed steaks or chops.

Gas Grill – Preheat grill to high, reduce to medium heat prior to cooking.

Charcoal Grill – Sear over red hot coals, finish over indirect heat.

	Thickness	1"	1 ¼"	1 ½"	1 ¾"	2"	2 ¼"	2 ½"
Rare 120°- 130°F	First Side After Turning	6 3-4	6 4-5	7 5-6	9 6-7	11 7-8	13 8-9	14 10-12
Medium Rare 130°-140°F	First Side After Turning	6 4-5	7 5-6	8 6-7	11 8-9	13 9-10	14 10-12	16 12-14
Medium 140°-150°F	First Side After Turning	7 5-6	8 6-7	9 7-8	12 9-10	14 11-12	16 12-14	17 14-16
Well Done 160°-170°F	First Side After Turning	9 7-8	10 8-9	12 9-11	14 12-14	18 14-16	19 16-18	20 21-23

Sear Roasting – Preheat oven to 300°F. Heat small amount of oil in a large ovenproof pan over high heat. Sear for 2-3 minutes on the first side or until well browned. Flip meat; place in preheated oven.

	Thickness	1"	1 ¼"	1 ½"	1 ¾"	2"	2 ¼"	2 ½"
Rare 120°- 130°F	First Side After Turning	2-3 3-4	2-3 5-7	2-3 9-11	2-3 14-15	2-3 16-17	2-3 18-21	2-3 22-25
Medium Rare 130°-140°F	First Side After Turning	2-3 5-6	2-3 9-11	2-3 13-16	2-3 18-19	2-3 20-22	2-3 22-25	2-3 26-30
Medium 140°-150°F	First Side After Turning	2-3 8-10	2-3 12-15	2-3 16-19	2-3 23-24	2-3 24-26	2-3 26-30	2-3 32-38
Well Done 160°-170°F	First Side After Turning	2-3 12-15	2-3 16-19	2-3 20-24	2-3 28-32	2-3 32-36	2-3 36-42	2-3 42-50

Omaha Steaks test kitchen equipment may vary from yours in the amount of heat produced. Verify degree of doneness by using a kitchen thermometer.

Private Reserve Sear Roasting

- Preheat oven to 300°F. Heat a small amount of oil in a large ovenproof pan on high heat.
- If desired, lightly oil and season* meat prior to cooking.
- Carefully place meat in pan and sear for 2-3 minutes on first side or until well browned. Flip meat and place pan on lower oven rack.
- For roasts, sear all sides, then place on rack in roasting pan. Use caution when removing pan from oven. Handle will be very hot; use oven mitts.
- Test doneness of meat by using a kitchen thermometer. Serve on a warmed dish.
- Apply finishing sauce or butter, if desired.

* If desired, we recommend using Omaha Steaks Private Reserve American Steak Rub.

Private Reserve Grilling

- Preheat grill on high, then reduce heat to medium. Lightly oil and season* meat prior to cooking or grilling.
- Keep a spray bottle of water handy to tame any unexpected flare-ups. Highly marbled meats are subject to flare ups.
- Test doneness of meat by using a kitchen thermometer or refer to the cooking guide on page 14 for beef.
- Allow to rest 3-5 minutes for steaks & chops and 15-20 minutes for roasts. This lets the juices flow back from the center of the meat to the exterior, resulting in a moister, juicier cut of meat. During this resting period, the internal temperature will increase a few degrees, so take into account for doneness.
- Apply finishing sauce or butter, if desired.

Seafood



World Port Seafood® - An Omaha Steaks Company

We feature the most exceptional selection of seafood found anywhere – seafood that deserves its own designation and all backed by our 100% satisfaction guarantee.

Jumbo Bacon-Wrapped Scallops

Caution: Product contains a wooden toothpick. Remove toothpicks prior to consuming.

FROM THAWED:

Thaw in refrigerator.

Stovetop:

- Thaw scallops by placing the film covered tray in sink filled with cold water for about 10-15 minutes or overnight in the refrigerator.
- Preheat 1 tsp. of cooking oil in a large nonstick saute pan on medium high.
- Remove scallops from package.
- Add thawed scallops to pan.
- Cook for 3-4 minutes.
- Carefully flip the scallops over and cook for 3 minutes.

FROM FROZEN:

Bake:

- Preheat oven to 400°F.
- Remove plastic film from tray and place scallops on baking sheet.
- Place on the center oven rack. Bake for 18-22 minutes.

Blackened Shrimp

(do not thaw)

Stovetop:

- Preheat cast iron skillet on high.
- Add frozen shrimp and cook for 2 minutes on the first side then 1-2 minutes on second side or until sides turn opaque.

Grill:

- Preheat perforated grill pan on high.
- Spray or wipe with small amount of oil to prevent sticking.
- Add frozen shrimp to pan and cook for approximately 2 minutes on each side or until sides turn opaque.

M Butterflied Trout Fillets

(do not thaw)

Broil:

- Place frozen fillets on a broiler pan, skin side down.
- Brush lightly with melted butter.
- Broil for 9-10 minutes until fillets flake easily using a fork.

Microwave:

- Place two trout fillets in microwave safe dish. Cover with plastic wrap, venting one corner.
- Defrost for 3 minutes.
- Cook on high for 2½-3 minutes.

Caribbean-Crusted Mahi Mahi

(do not thaw)

Bake:

- Preheat oven to 450°F.
- Remove mahi mahi from packaging and place on a foil lined baking sheet.
- Bake 22-25 minutes on center rack of oven.

Coconut Shrimp

(do not thaw)

Bake:

- Preheat oven to 400°F.
- Place desired number of shrimp on foil lined baking sheet. Bake for approximately 14-16 minutes.

Gourmet Crab Cakes

(thaw in refrigerator)

Stovetop:

- Heat 1-2 Tbsp. of butter or oil in a medium saute pan over medium low to medium heat.
- Carefully remove crab cakes from packaging and place in the pan.
- Saute for 3-3½ minutes per side or until golden brown.

Chilean Sea Bass

(thaw in refrigerator)

Sear Roast:

- Preheat oven at 300°F.
- Preheat an oven-proof skillet with a small amount of cooking oil.
- Carefully place Sea Bass in hot pan.
- Cook for 6 minutes on first side.
- Carefully turn over fish then place skillet into preheated oven. Cook for 10 minutes in oven.

Pan Saute:

- Preheat skillet with small amount of cooking oil in pan on high.
- Place Sea Bass in pan and cook for 6-7 minutes then turn over and continue cooking for 5-6 minutes.

Broil:

- Preheat broiler and position top rack so that the fish will end up 2-3" from the element.
- Brush Sea Bass with melted butter or olive oil.
- Broil 7-8 minutes on each side or until opaque throughout.

Grill:

- Preheat grill on high.
- Remove fillets from packaging and spray with nonstick cooking oil.
- Reduce heat to medium.
- Grill fillets, covered, 7-8 minutes per side taking care when flipping and removing from grill, due to the fragile nature of Sea Bass.

M Fire-Roasted Salmon Fillets

(do not thaw)

Microwave:

- Place one frozen fillet on a microwave safe plate, fire-roasted side up. Cover with plastic wrap, venting one corner.
- Microwave on high heat for 3½ to 4 minutes.
- Let rest 1 minute before carefully removing plastic and serving.

Oven:

- Preheat oven to 400°F.
- Place salmon fillets fire-roasted side up on a baking sheet lined with foil or parchment paper.
- Bake for 21-24 minutes.

M Fire-Roasted Citrus Cod

(do not thaw)

Microwave:

- Place one frozen fillet on a microwave safe plate, fire-roasted side up. Cover with plastic wrap, venting one corner.
- Microwave on high heat for 3½ to 4 minutes.
- Let rest 1 minute before carefully removing plastic and serving.

Oven:

- Preheat oven to 400°F.
- Place frozen salmon fillets fire-roasted side up on a baking sheet lined with foil or parchment paper.
- Bake for 18-20 minutes.

Jumbo Cooked Shrimp

(fully cooked)

Quick Thaw:

- Remove shrimp from bag and thaw in a large bowl of cold water for approximately 10-20 minutes.
- Rinse well and drain.

Overnight Thawing:

- Place shrimp in strainer, with plate underneath the strainer.
 - Thaw in refrigerator overnight.
 - Rinse well and drain.
- Refrigerate if not using immediately. Serve with cocktail sauce, if desired. Use within 24 hours of thawing.

M King Crab Legs

(fully cooked)

To serve cold, thaw in refrigerator for approximately 6-8 hours or remove from packaging and place crab legs directly in a large bowl filled with cold water for 20 minutes. Drain and serve.

FROM FROZEN:

Stovetop:

- Place frozen crab legs in steamer or in a pot of boiling water. Cover and heat for approximately 5 minutes.
- Drain and serve.

Microwave:

- Place 6 crab legs in a microwave safe dish, cover with plastic wrap.
- Defrost for 10 minutes.
- Microwave on high for 2 minutes. Serve ½ to ¾ lb. per person.

M **Lemon Dill Salmon, Marinated Salmon, Classic Salmon, Wild Salmon and Hickory Salmon Fillets**

FROM FROZEN:

Bake:

- Preheat oven to 400°F.
- Remove salmon from packaging and place on a foil lined baking sheet on center rack of oven.
- Bake 22-24 minutes.

Microwave:

- Remove from packaging and place 2 frozen fillets in a microwave safe dish. Cover with plastic wrap, venting one corner.
- Cook on high 5-6 minutes, turning over halfway through cooking.
- Let rest 1-2 minutes before removing from the microwave and serving.

FROM THAWED:

Thaw in refrigerator.

Bake:

- Preheat oven to 400°F.
- Remove salmon from packaging and place on a foil lined baking sheet on center rack of oven.
- Bake 10-12 minutes.

Grill:

- Preheat grill on high.
- Remove from packaging and place on grill. Reduce heat to medium.
- Grill for 3-4 minutes per side.

Microwave:

- Remove from packaging and place 2 fillets in a microwave safe dish. Cover with plastic wrap, venting one corner.
- Cook on high 3-4 minutes, turning over halfway through cooking.
- Let rest 1-2 minutes before serving.

M **Lemon-Peppered Catfish**

Bake: (do not thaw)

- Preheat oven to 400°F.
- Place fillets on foil lined or greased raised edge uncovered baking pan.
- Bake approximately 25-30 minutes.

Microwave:

- Place one fillet in microwave safe dish. Cover dish with plastic, venting one corner.
- Cook on medium/high 6-7 minutes. For 2 fillets, cook 10-12 minutes.

M **Lemon-Peppered Tilapia**

FROM FROZEN:

Bake:

- Preheat oven to 400°F.
- Remove frozen tilapia from packaging.
- Place on a baking sheet.
- Bake in the oven for 25-30 minutes.

Microwave:

- Place frozen tilapia, with packaging intact, on microwave safe dish.
- Defrost for 7-8 minutes, flip halfway through cooking.
- Remove from packaging and place on microwave safe dish. Cover with plastic wrap; venting one corner.
- Cook on high for 2-3 minutes. Tilapia should then be white on the outside and opaque on the inside.

FROM THAWED:

Thaw in refrigerator.

Bake:

- Preheat oven to 400°F.
- Remove thawed tilapia from the packaging. Place on a baking sheet.
- Bake for 13-16 minutes.

Microwave:

- Remove tilapia from packaging.
- Place on a microwave safe dish. Cover with plastic wrap; venting one corner.
- Cook on high for 2-3 minutes.

M **Gourmet Lobster Tails & Cold Water Lobster Tails**

FROM FROZEN:

Stovetop:

- Bring 2 quarts of water to boil in a large saucepan.
- Remove plastic wrap from frozen tails and place in boiling water.
- Return to boiling, reduce heat to a simmer and cook tails 12-15 minutes until color is opaque.
- Drain tails.
- To serve in shell, remove underside membrane by cutting along each side, pull to remove membrane.
- To remove from shell, cut away underside membrane and insert fingers between shell and meat at heavy end and work meat loose from the shell. Serve with melted butter if desired.

Next page for more preparation...

Lobster Tails - Microwave:

- Remove plastic and place in a microwave safe dish. Cover dish with plastic wrap, venting one corner.
- Place in microwave and DEFROST for 9 minutes, flipping halfway through thawing time.
- Flip tails, cover and vent one corner.
- Cook on medium for 6-7 minutes. Let stand one minute. Remove from microwave and prepare for serving.
- To serve in shell, remove the underside membrane by cutting along each side of tail, pull to remove. To remove from shell, cut away underside membrane and insert fingers between shell and meat at heavy end and work the meat loose from the shell.

Bake:

- Preheat oven to 450°F.
- Remove tail from plastic and wrap each tail tightly in heavy-duty aluminum foil before baking.
- Place on baking sheet in oven on center rack. Bake 40 to 45 minutes.
- Remove from oven and prepare as above for serving.

FROM THAWED:

Thaw in refrigerator.

Broil:

- Preheat broiler and position top rack 3-4 inches from broiler.
- Using scissors, cut the membrane covering the underside and remove.
- Cut the meat and the shell of each tail in half lengthwise with a sharp heavy knife or to butterfly, cut tails down through middle of hard shell with a sharp knife. Cut through flesh but not underside membrane. Hold tail in both hands and open flat, butterfly style. Brush with butter/oil.
- Place lobster tails on broiling pan, shell side down. Place under broiler; broil for 6-7 minutes until opaque.

Grill:

- Preheat grill to medium.
- Butterfly tails by cutting down through middle of the hard shell lengthwise with a sharp knife. Cut through flesh but not underside membrane. Hold tail and open flat.
- Brush lightly with melted butter.
- Place flesh side down on grill and cook for 7-9 minutes, flipping when necessary if flare ups occur.

NEW! Maine Split Lobster Tails

(do not thaw)

Broil:

- Preheat oven broiler on high
- Remove tails from plastic and arrange on broiler pan, meat side up.
- Brush with butter.
- Broil for 7 minutes.
- Turn and broil another 5-6 minutes or until meat is no longer translucent.

Grill:

- Preheat grill on high
- Remove Tails from plastic and brush with butter.
- Grill for 7 minutes.
- Turn and grill another 5-6 minutes or until meat is no longer translucent.

Stovetop:

- Bring 2 quarts of water to a boil in a large saucepan.
- Remove tails from plastic and place in boiling water.
- Return to a boil and cook tails 5 minutes or until meat is no longer translucent.

Bake:

- Preheat oven to 450°F
- Remove tails from plastic and brush with butter.
- Place on baking sheet with meat side up.
- Cook for 15 to 16 minutes or until meat is no longer translucent.

Oven Fried Shrimp

(do not thaw)

Bake:

- Preheat oven to 450°F.
- Place the desired number of shrimp on foil lined baking sheet.
- Bake for 14-16 minutes.

Parmesan-Crusted Trout Fillets

(do not thaw)

Bake:

- Preheat oven to 400°F.
- Remove trout from packaging and place on a foil lined baking sheet; leave 2-3 inches between pieces.
- Bake for about 16-18 minutes.

Premium Norwegian Lox

Thaw in the refrigerator and serve.

Pub-Style Cod

Bake: (do not thaw)

- Preheat oven to 425°F.
- Place cod portions in a single layer on a foil lined baking sheet.
- Bake for 18-20 minutes.
- Turn halfway through cooking time for crisper pub-style cod fillets.

Pub-Style Cod Sandwich

(makes 1 sandwich)

- | | |
|----------|------------------------------|
| 1 | 5" Crusty Italian Bread Roll |
| 2 Tbsp. | Lemon Dill Tartar Sauce |
| 2 Pieces | Pub-Style Cod, Cooked |
| 1 | Lemon Wedge |
| 1 | Romaine Leaf |
| 3 Slices | Beef Steak Tomatoes |
| 2 Each | Pickle Slices |

- Toast bread and spread both sides with Lemon Dill Tartar Sauce.
- Place cooked pieces of cod on the bread and top with lettuce, tomato and pickle.
- Squeeze the lemon on top and top with remaining bun.

Shrimp Cakes

(do not thaw)

Stovetop:

- Remove shrimp cakes from package
- Heat small amount of oil in sauté pan over medium heat, place shrimp cake in pan.
- Cover pan and sauté for 6-7 minutes, turning over every 1-2 minutes.

Broil:

- Preheat broiler on high and position top rack so shrimp cakes will be 2-3 inches from element.
- Remove shrimp cakes from package, place on lightly oiled foil lined baking sheet.
- Broil shrimp cakes 11-12 minutes.

Sole Almondine

Bake: (do not thaw)

- Preheat oven to 450°F.
- Place desired number of portions in a pan with the almond side up and bake, uncovered for approximately 25 minutes or until the center of fillets flake easily.

Snow Crab Cocktail Claws

(fully cooked)

Thaw in refrigerator for approximately 8 hours. Serve with cocktail sauce or use as a starter for your favorite seafood salad. To serve warm as an entree, baste with seasoned butter and then grill over medium heat or oven broil only enough to heat. To pan fry, saute in butter, cook only enough to heat.

M Stuffed Sole with Scallops & Crabmeat and Stuffed Sole with Shrimp & Garlic

Bake: (do not thaw)

- Preheat oven to 375°F.
- Remove packaging and place desired number of portions in a baking dish. Add approx. 2 Tbsp. of water in bottom of pan to prevent any splattering and burning.
- Bake, uncovered, for approx. 30-40 min.

Microwave:

- Remove packaging and place two frozen portions in an appropriate dish.
- Add 2 Tbsp. of water to dish. Cover with plastic wrap, venting one corner.
- Cook on high for about 5½ minutes.

Grilled, Marinated Swordfish topped with Fresh Mango Salsa

- | | |
|----------|------------------------|
| 4 each | Swordfish Steaks |
| 1 cup | Olive Oil |
| 2 tsp. | Garlic (fresh chopped) |
| 1 | Lime Juice |
| 1 Tbsp. | Cilantro, chopped |
| To Taste | Salt and Pepper |

- Combine Olive oil, garlic, lime juice, cilantro, salt and pepper.
- Pour marinade over Swordfish steaks and let marinade overnight in the fridge.
- Grill swordfish.
- Top with Fresh Mango Salsa and serve.

Fresh Mango Salsa

- | | |
|---------|--|
| 1 cup | Fresh Mango (Peeled, Seeded and diced 1/4 in.) |
| 2 Tbsp. | Red Onion (1/8 in. diced) |
| 1 Tbsp. | Cilantro (chopped fine) |
| 2 tsp. | Jalapeno Pepper (seeded and minced) |
| 2 Tbsp. | Red Bell Peppers (1/8 in. diced) |
| 2 tsp. | Fresh Lime Juice |

Combine all ingredients in mixing bowl.

Tortilla-Crusted Tilapia

Bake: (do not thaw)

- Preheat oven to 400°F.
- Place tilapia on foil lined baking sheet leaving 3-4 inches in between each portion.
- Bake for 22-25 minutes.

Wild Salmon Cakes

FROM FROZEN:

Stovetop:

- Heat small amount of oil in a saute pan over medium heat.
- Carefully remove salmon cakes from packaging and place in the pan.
- Saute for approximately 10-11 min covered, turning over every 2-3 min.

Broil:

- Preheat the broiler and position top rack so that salmon cakes will end up 2-3" from element.
- Place salmon cakes on a lightly oiled foil lined baking sheet.
- Broil salmon cakes for 15 minutes.

Thawed instructions on next column.

Wild Salmon Cakes continued- FROM THAWED:

Thaw in refrigerator.

Stovetop:

- Heat small amount of oil in a saute pan over high heat.
- Carefully remove salmon cakes from packaging and place in the pan.
- Saute for about 2½ - 3 minutes on each side or until golden brown.

Broil:

- Preheat the broiler and position top rack so that salmon cakes will end up 2-3" from element.
- Place salmon cakes on a lightly oiled foil lined baking sheet.
- Broil salmon cakes for 10 minutes.

SEAFOOD COOKING GUIDE

Recommended internal temperature for seafood is 145°F - 150°F.

Keep seafood frozen until used. Use the quick thaw method on page 5 or thaw seafood under refrigeration immediately before use.

Omaha Steaks Fish Cooking Chart

Keep seafood frozen until used. Thaw under refrigeration immediately before use. The cooking times below are in minutes, unless noted and based on fully thawed products. All times are approximate. Cook until fish is opaque throughout without over cooking.

- Broil or Grill:** Preheat broiler/grill. Brush the fish with melted butter/oil; season as desired.
- Pan Saute:** Preheat 1 tsp. of cooking oil per portion over high heat. Season as desired. Carefully place fish in pan; refer to cooking times below as reference.
- Bake:** Preheat oven to 400°F. Brush the fish with melted butter/oil, season as desired. Place fish on baking sheet. Refer to cooking times below.

	Broil or Grill		Pan Saute		Oven
	First Side	After Turning	First Side	After Turning	Bake 400°F
Ahi Tuna - Medium Rare	80-90 sec	60-70 sec	80-90 sec	60-70 sec	N/A
Ahi Tuna Steaks	4-5 min	3-4 min	4-5 min	3-4 min	10-12 min
Chilean Sea Bass	7-8 min	7-8 min	6-7 min	5-6 min	N/A
Halibut Fillets	5-6 min	4-5 min	5-6 min	4-5 min	12-14 min
Mahi Mahi Fillets	6-7 min	5-6 min	6-7 min	5-6 min	14-16 min
Salmon Fillets, Wild	4-5 min	3-4 min	4-5 min	3-4 min	10-12 min
Swordfish Steaks	4-5 min	3-4 min	4-5 min	3-4 min	10-12 min

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A photograph showing several pieces of tenderloin tips, some whole and some cut into smaller chunks, arranged on a white surface. A small white mushroom is visible on the left.

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A photograph of a stuffed sole fish fillet, rolled up and filled with a mixture of scallops and crabmeat. It is garnished with fresh herbs and served on a blue plate with green beans and red bell peppers.

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A photograph of two ribeye steaks, one whole and one sliced to show the interior, served with green beans and a white sauce.

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Pork Chops

Bacon-Wrapped Pork Chops

(thaw in refrigerator)

Grill:

- Preheat grill to high.
- Remove pork chops from packaging.
- Pat dry, season as desired.
- Cook over high heat 4-6 minutes per side until the internal temperature reaches 145°F.

Broil:

- Preheat broiler.
- Remove pork chops from packaging.
- Pat dry, season as desired.
- Place on broiler pan on top oven rack. Broil for 4-6 minutes per side until internal temperature reaches 145°F.

Bake:

- Preheat oven to 400°F.
- Remove pork chops from packaging.
- Pat dry, season as desired.
- Place on a baking sheet.
- Cook for 20-25 minutes until internal temperature reaches 145°F.

Pan Saute:

- Preheat 1 Tbsp. of cooking oil in pan on medium for 2-3 minutes.
- Remove pork chops from packaging.
- Pat dry, season as desired.
- Place in hot pan, cook for about 6-7 minutes per side, until internal temperature reaches 145°F.

Boneless Pork Chops

(thaw in refrigerator)

Grill:

- Remove pork chops from package.
- Pat dry and season as desired.
- Cook over medium heat for about 4-7 minutes per side, until internal temperature reaches 145°F.

Broil, pan saute and contact grill instructions in next column.

Pork Chops - Broil:

- Remove pork chops from package.
- Pat dry and season as desired.
- Place on broiler pan 3-4 inches from heat source.
- Broil for 4-7 minutes per side until internal temperature reaches 145°F.

Pan Saute:

- Preheat 1 Tbsp. of oil in pan on medium heat for 2-3 minutes.
- Remove pork chops from packaging.
- Place in hot pan, cook for 6-7 minutes per side until internal temperature is 145°F.

Contact Grill:

- Season thawed chops.
- Grill 4-5 minutes for 4 oz. chop; 5-6 minutes for a 5 oz. chop; 6-7 minutes for a 6 oz. chop.

Polynesian Pork Chops

(thaw in refrigerator)

Grill:

- Preheat grill to high.
- Remove pork chops from packaging and pat dry.
- Grill over high heat 3-4 minutes per side, until the internal temperature reaches 145°F.

Broil:

- Preheat broiler, positioning top rack 3-4 inches from heating element.
- Remove pork chops from packaging and pat dry.
- Place on broiler pan on top oven rack. Broil chops for 3-4 minutes per side, until the internal temperature reaches 145°F.

Pan Saute:

- Preheat 1 Tbsp. of cooking oil in saute pan on medium for 2-3 minutes.
- Remove pork chops from packaging and pat dry.
- Place pork chops in hot pan. Cook for 4-5 minutes per side or until internal temperature reaches 145°F.

Pork Entrees

M **Precooked Hearty-Cut Bacon Slices**

(do not thaw | fully cooked)

Microwave:

- Open package and remove one entire sheet of 5 slices.
- Place sheet with bacon on a microwave safe plate and cover with a paper towel.
- Microwave on high for 35 seconds.

To heat fewer slices, remove number desired from sheet. Place between paper towels. Microwave as instructed above, adjusting the time accordingly.

Broil:

- Preheat broiler.
- Remove bacon slices from paper and place on broiler pan.
- Place pan 2-3" from heating element. Broil for 2-2 ½ minutes.

M **Precooked Bacon Slices**

(do not thaw)

Microwave:

- Open package and remove 4 slices.
- Place slices on a paper towel and cover with a second paper towel.
- Cook on high for approximately 25 seconds.
- To heat fewer slices, adjust microwave cooking time accordingly.

Broil:

- Preheat the broiler. Remove paper.
- Place frozen slices on a broiler pan.
- Broil for about 1 ½-2 minutes.

M **BBQ Pulled Pork**

FROM FROZEN:

Microwave:

- Place covered tray in microwave and heat on high for 6-8 minutes.
- Let stand 1-2 minutes.
- Carefully peel back film, stir well.

FROM THAWED:

Thaw in refrigerator.

Stovetop:

- Remove thawed pulled pork from packaging and place in saucepan.
- Heat over medium heat while stirring constantly for 5-6 minutes.

Boneless Smoked Ham

(thaw in refrigerator | fully cooked)

Bake:

- To serve warm, place the thawed ham in a preheated 350°F oven, cover tightly, heat about 35-40 minutes.
- Ham may be sliced and served cold. Serves 4-6.

M **Gourmet Bratwurst**

(fully cooked)

Grill:

- Grill thawed bratwurst over medium heat for 8-10 minutes, turning constantly while on grill.

Pan Sauté:

- Heat thawed bratwurst in a skillet over medium heat for 12-14 minutes, turning over until brown.

Boil:

- Bring 1 ½ quarts of water to a boil in a medium sized pot.
- Remove desired number of bratwurst from packaging; put in boiling water.
- Boil for 12-14 minutes if thawed and 14-16 minutes if frozen.

Microwave:

- For one bratwurst, microwave on high for 2-2 ½ minutes from frozen or 1-1 ½ minutes from thawed.

M **Breakfast Pork Sausage**

(do not thaw | fully cooked)

Bake:

- Preheat oven to 400°F.
- Remove sausage from package. Separate sausages and place desired number on a baking sheet.
- Bake for 20-25 minutes.

Microwave:

- Place 2 breakfast sausages in a microwave safe dish, cover dish with a paper towel.
- Cook on high for 1 ½-1 ¾ minutes. Rest for 1-2 minutes before serving.
- For 5 sausages, cook on high for 3 ½ to 4 minutes.

PORK COOKING GUIDE

Internal Temperature for medium doneness is 145°F. Correctly cooked pork is juicy and tender with a slight blush of pink in the center.

M **Carnitas Pork Roasts** (fully cooked)

FROM THAWED:

Thaw in refrigerator.

Oven:

- Preheat oven to 350°F.
- Remove carnitas and juices from package and place in a roasting pan.
- Cover with foil. Heat 25 minutes in oven.
- Uncover pan and return to oven for an additional 15 minutes.
- To serve, pour juice over roasts or shred pork and mix in juices.

Microwave:

- Remove thawed carnitas and juices from package and place in a covered microwave safe dish, venting corner.
- Heat on high for 3 minutes. Let rest 1 minute.
- Carefully uncover and turn over carnitas. Heat on high for an additional 3 minutes.
- To serve, pour juice over roasts or shred pork and mix in juices.

FROM FROZEN:

Oven:

- Preheat oven to 350°F.
- Remove carnitas and juices from package and place in a roasting pan.
- Cover with foil. Heat 50 minutes in oven.
- Uncover pan and return to oven for an additional 20 minutes.
- To serve, pour juice over roasts or shred pork and mix in juices.

Microwave:

- Remove roasts and juices from package and place in a covered microwave safe dish, venting one corner.
- Heat on high for 6 minutes. Let rest 1 minute. Carefully uncover and turn over carnitas. Heat on high an additional 4 minutes.
- To serve, pour juice over roasts or shred pork and mix in juices.
- **Traditional Pork Carnitas:**
Serve shredded on corn tortilla with Pico De Gallo (page 12), guacamole, shredded cheese and sour cream. Serve along with rice and beans.

M **Gourmet Jumbo Franks** (fully cooked)

Boil:

- Boil franks for 8-10 minutes.

Grill:

- Grill franks over medium heat until brown on all sides. Frozen franks will cook in approximately 15 minutes. For thawed franks, cook 8 minutes.

Microwave:

- Place frank on a microwave safe plate.
- Cover with a paper towel.
- Cook on high. One frozen frank will heat in 1½-2 minutes. One thawed frank will take 1 minute.

M **Italian Sausages** (fully cooked)

Boil:

- Bring 1½ quarts of water to a boil in a medium sized pot.
- Remove desired number of sausages from packaging; put in boiling water.
- Boil for 8-10 minutes if thawed or 10-12 minutes if frozen.

Grill:

- Preheat grill to medium heat.
- Remove sausages from packaging.
- Grill over medium heat for about 6-8 minutes from thawed and 12-15 minutes from frozen.

Microwave:

- Remove sausages from packaging.
- Place on a microwave safe plate.
- Cover sausages with a paper towel.
- Microwave on high for 1 minute from thawed and about 1½ -2 minutes from frozen.

M **Polish Sausages** (fully cooked)

Boil:

- Bring 1½ quarts of water to a boil.
- Remove desired number from packaging; put in boiling water.
- Boil for 8-10 minutes if thawed or 10-12 minutes if frozen.

Grill:

- Preheat grill to medium heat.
- Remove sausages from packaging.
- Grill over medium heat approximately 6-8 minutes from thawed and about 12-15 minutes from frozen.

Microwave instructions on next page.

Polish Sausages - Microwave:

- Place on a microwave safe plate.
- Cover sausages with a paper towel.
- Microwave on high for 1 minute from thawed and about 1½ to 2 minutes from frozen.

M Smoked Pork Baby Back Ribs

(do not thaw | fully cooked)

Bake:

- Preheat oven to 325°F.
- Run sealed package under cold water 10 seconds to release film.
- Remove ribs and sauce from the package and wrap in foil.
- Place in a pan on center rack of oven and heat for 60-70 minutes.

Bake – Tender Restaurant-Style:

If you like meat that falls off the bone, try this method:

- Preheat oven to about 350°F.
- Remove ribs and sauce from the package and place on a foil sheet.
- Add 3 Tbsp. water to the foil and tightly crimp the foil to seal.
- Place on a baking sheet and bake for approximately 70-80 minutes.

Microwave:

- Remove frozen ribs from package as directed and place meat side up in a microwave safe dish.
- Cover dish with plastic wrap, venting one corner.
- Heat on high for 5-6 minutes and flip halfway through cooking time.

Grill - Quick Method:

- Preheat grill to high.
- Run sealed package under cold water for 10 seconds to release film.
- Remove from package, wrap in foil.
- Heat on grill for 23-25 minutes flipping halfway through (10-12 minutes if thawed).

M NEW! Tex-Mex Pot Pies

(do not thaw)

Bake:

- Preheat oven to 375°F.
- Remove film from pie and place pie in plastic cup on a foil lined baking sheet, 4-5" between each pie.

- Bake, uncovered, on center rack for 45 min. or until internal temperature reaches 165°F.
- Let stand 1-2 minutes, and carefully remove pie from cup.

Microwave:

- Remove film from pie and place pie in plastic cup on a microwave safe plate.
- Cook on high for 3 ½ minutes.
- Let stand 1-2 minutes, and carefully remove pie from cup. Internal temperature should reach a minimum of 165°F.

Pork Tenderloins

(thaw in refrigerator)

Bake:

- Preheat oven to 425°F.
- Remove from package.
- Brush lightly with oil if desired.
- Season and place uncovered in roasting pan.
- Bake for 25-30 minutes, turning halfway through cooking.
- Cook to an internal temperature of 145°F. Remove from oven and let rest for 2 minutes.

Grill:

- Preheat grill to medium heat.
- Remove tenderloins from packaging and place on plate.
- Brush lightly with olive oil on all sides and season as desired.
- Place on preheated grill. Cook tenderloins for 20-30 minutes, turning as needed to sear edges.
- Cook tenderloin to an internal temperature of 145°F.
- Remove from grill and let rest for 2 minutes.

Spiral Sliced Ham

Thaw in refrigerator for 2-4 days. Ham is fully cooked making it possible to serve directly from the refrigerator.

Bake:

- Preheat oven to 325°F.
- Remove from packaging and foil.
- Place ham cut side down on a foil lined, raised edge baking pan.
- Heat uncovered for 60-75 minutes for entire ham.
- For smaller portions, cover with foil and heat 10 minutes per pound. A full ham serves 10-12.

Lamb, Veal & Duckling



Leg of Lamb

(thaw completely in refrigerator)

Bake:

- Preheat oven to 350°F.
- Remove from plastic and season roast as desired.
- Place roast on an elevated wire roasting rack in a roasting pan with fat side up.
- Cook uncovered for 1 hour and 20 minutes to 1 hour and 30 minutes for a rare to medium rare roast. For a medium to medium well roast cook 2 hours to 2 hours and 10 minutes.
- Remove from oven and let rest for 10-15 min. before slicing and serving.

Sear and Slow Roast:

- Remove from plastic and season roast as desired.
- Preheat oven to 250°F.
- Heat ¼ cup of cooking oil in a large non-stick sauté pan over high heat.
- Carefully place roast in pan to brown for about 2-3 minutes on all sides.
- Place roast on an elevated wire roasting rack in a roasting pan with fat side up.
- Cook for 2 hours and 15 minutes to 2 hours and 30 minutes for a rare to medium rare roast. For a medium to medium well roast cook 2 hours and 45 minutes to 3 hours.
- Remove from oven and let rest for 10-15 min. before slicing and serving.

Lamb Loin Chops

(thaw in refrigerator)

For grilling or broiling refer to the Steak Cooking Chart on page 15.

Wine selection: Lamb usually pairs best with a fine Merlot. Veal goes very well with a Sauvignon Blanc.

Mint Sauce for Lamb

(serves 6-8)

- 2 (4 oz.) Omaha's Best Genuine
Steak Gravy
¾ cup Mint Jelly

- Bring gravy to a boil.
- Remove from heat, stir in Mint Jelly.
- Serve over your lamb.

Mint Jelly For Lamb

(makes 1½ cups)

- ½ cup Fresh Mint, finely chopped
1 cup Sugar
½ cup White Wine Vinegar
1 Tbsp. Fresh Lemon Juice
1 tsp. Kosher Salt
2 Tbsp. Certo Liquid Pectin

- Liquify mint & vinegar in blender.
- Place mint mixture in a sauce pan and add sugar, lemon juice and salt. Bring to a boil.
- Stir in liquid pectin and continue to cook for exactly one minute.
- Pour into a shallow pan and place in refrigerator. Jelly will set up as it cools.

Rack of Lamb

Bake: (thaw in refrigerator)

- Preheat oven to 400°F.
- Remove material covering bones.
- Rub the lamb with garlic, butter, salt and pepper and put it on a rack in a shallow pan.
- Roast for approximately 35-40 minutes to reach 130°F-140°F (for medium rare doneness).
- Transfer to a hot platter, sprinkle with chopped parsley as garnish.
- Let rest 5 minutes before carving.
- Carve parallel to the bones, making chops. Spoon the pan juices over the meat. One rack of lamb serves 2-3.

Seasoned Leg of Lamb

(thaw in refrigerator)

Bake:

- Preheat oven to 350°F.
- Remove from package and place in roasting pan.
- Roast uncovered for 1-1½ hours for medium rare. Remove from oven and let rest for 5-10 minutes.
- Remove netting before carving.

Italian Breaded Veal Patties

(thaw in refrigerator)

Pan Saute:

- Preheat 1 Tbsp. of oil per patty over medium heat.
- Remove veal patties from packaging.
- Brown first side for approximately 3 minutes.
- Flip and brown for 2½ minutes.

Bake:

- Preheat oven to 400°F.
- Remove veal patties from packaging.
- Line a raised edge baking sheet with foil. Spray lightly with cooking oil.
- Place veal patties on baking sheet.
- Bake uncovered for 15-18 minutes. (Please note: Patties will not be as golden brown as when pan sauteed.)

Veal Parmigiana

4 Omaha Steaks Breaded Veal Patties
10 oz. Marinara Sauce, warmed
¼ cup Cooking oil
1 cup Mozzarella cheese, grated
¼ cup Parmesan cheese, grated
2 tsp. Italian parsley, minced

- In a large nonstick saute pan, heat oil over medium heat.
- Add thawed Omaha Steaks Breaded Veal Patties to hot oil.
- Brown patties for 3-4 minutes.
- Flip patties and sprinkle with mozzarella cheese. Cover pan.
- Cook patties covered for an additional 2-3 minutes or until cheese is melted.
- Remove from pan; put on plates.
- Pour marinara sauce over equally.
- Sprinkle each patty with Parmesan cheese and parsley. Serves 4.

Duckling Breasts

Sear Roast:

- Preheat oven to 400°F.
- Remove thawed duckling breasts from the packaging, score skin by making a criss-cross pattern.
- Season with salt and pepper as desired.
- Preheat oven-proof skillet on stovetop to medium.
- Place duckling skin side down for approximately 8-10 minutes, until lightly browned.
- Turn duckling breasts over and cook 1-2 minutes.
- Then place skillet in preheated oven. Bake for 3-4 minutes or until the internal temperature reaches 165°F. Let rest 2-3 minutes before slicing.

Duckling Breasts with Orange Sauce

(thaw in refrigerator)

Bake:

- Preheat oven to 375°F.
- Spread out duckling breasts on a lightly oiled broiler pan, prick skin and season with salt and pepper.
- Roast, skin side up, in oven for approximately 25-30 minutes. Internal temperature should reach 165°F.

Orange Sauce

- Bring water to a boil in a small saucepan. Place pouch in boiling water and keep boiling 6-8 minutes.
- Carefully remove pouch from water, clip corner and pour over duckling or serve on the side.

VEAL/LAMB COOKING GUIDE

Internal Temp.
Medium Rare.....130°F-140°F
Medium.....140°F-150°F
Lamb cooked to medium rare is optimum doneness for eating.

DUCKLING COOKING GUIDE

Cook duckling to a minimum internal temperature of 165°F as measured by use of a kitchen thermometer.

Breast of Chicken with Wild Rice

Bake: (do not thaw)

- Preheat oven to 400°F.
- Remove chicken from cello wrap.
- Place desired number of portions on foil lined, raised edge baking sheet.
- Bake uncovered for approximately 48 minutes or until the internal temperature reaches 165°F.

Breast of Chicken Kiev

Bake: (do not thaw)

- Preheat oven to 400°F.
- Remove chicken from cello wrap.
- Place desired number of portions on foil lined raised edge baking sheet.
- Bake uncovered for approximately 40 minutes or until the internal temperature reaches 165°F.

Breast of Chicken with Broccoli and Cheese

Bake: (do not thaw)

- Preheat oven to 400°F.
- Remove chicken from cello wrap.
- Place desired number of portions on a foil lined, raised edge baking sheet.
- Bake uncovered for 36-40 minutes or until the internal temperature reaches 165°F.

Breast of Chicken Cordon Bleu

Bake: (do not thaw)

- Preheat oven to 400°F.
- Remove chicken from cello wrap.
- Place desired number of portions on foil lined, raised edge baking sheet.
- Bake uncovered for 35-40 minutes or until the internal temperature reaches 165°F.

Breast of Chicken with Artichoke & Parmesan

Bake: (do not thaw)

- Preheat oven to 400°F.
- Remove chicken from the cello wrap. Place desired number of portions on a foil lined baking sheet.
- Bake uncovered for approximately 45 minutes or until the internal temperature is 165°F.

Boneless Chicken Breasts

(thaw in refrigerator)

Broil or Grill:

- Preheat broiler or grill.
- Cook for 3-4 minutes per side until internal temperature is 165°F.

Contact Grill:

- Grill 3-4 minutes or until internal temperature reaches 165°F.

Bake:

- Preheat oven to 350°F.
- Season as desired. Place the chicken breasts on a foil lined, raised edge baking sheet.
- Bake for 20-25 minutes. Internal temperature should reach 165°F.

Pan Saute:

- Place 1 Tbsp. of cooking oil in a nonstick skillet over medium high heat. Add chicken breasts.
- Cook 4-6 minutes per side reducing the heat to medium after flipping. The internal temperature should reach 165°F.

Tip: To achieve an even thickness for chicken, place thawed boneless, skinless chicken breasts between sheets of plastic wrap. Use a meat mallet or small, heavy pan to pound out to an even thickness. For grilling, flatten to 1/2" thickness. For sauteing, flatten to 1/4" or 1/8" thickness.

Mushroom Stuffed Chicken Breasts

Bake: (do not thaw)

- Preheat oven to 400°F.
- Remove chicken from packaging.
- Place chicken on a foil lined, raised edge baking sheet.
- Bake uncovered for approximately 40 minutes or until the internal temperature reaches 165°F.

Chicken Skewers with Vegetable

Grill: (thaw in refrigerator)

- Preheat grill on high.
- Remove skewers from package.
- Season as desired and grill for 5-6 minutes per side or until internal temperature reaches 165°F.

Broil:

- Preheat broiler, positioning top rack 3-4 inches from the element.
- Remove skewers from package.
- Season as desired.
- Place on broiler pan on top oven rack. Broil for 5-6 minutes on each side or until internal temperature reaches 165°F.

Italian Chicken Fingers

Bake: (do not thaw)

- Preheat oven to 450°F.
- Remove desired number of frozen chicken fingers from bag and place on foil lined baking sheet allowing 1 inch or more between pieces.
- Bake uncovered for about 20-25 minutes or when the internal temperature reaches 165°F.

Chicken in Pastry

Bake: (do not thaw)

- Preheat oven to 425°F.
- Place desired number of portions in a lightly oiled or stick-resistant pan.
- Beat one egg with 1 Tbsp. of water. Brush over the tops and sides of each individual pastry.
- Bake, uncovered for 40-45 minutes or until internal temperature is 165°F.

Oven-Fried Chicken Tenders

Bake: (do not thaw)

- Preheat oven to 450°F.
- Remove desired number of frozen tenderloins from bag and place on a foil lined baking sheet allowing 1 inch or more between pieces. If necessary, use two baking sheets.
- Bake, uncovered, for 20-25 minutes or until internal temperature is a minimum of 165°F.

NEW! Chicken & Salsa Pot Pie (do not thaw)

Oven:

- Preheat oven to 375°F
- Remove film from pie and place pie in plastic cup, on a foil lined baking sheet, allow 4-5" between each pie.
- Bake on center rack, uncovered, for 45 minutes or until internal temperature reaches 165°F.
- Let stand 1-2 minutes, carefully remove pie from cup.

Microwave:

- Remove film from pie and place pie in plastic cup on a microwave safe plate.
- Microwave on high for 3½ minutes.
- Let stand 1-2 minutes, carefully remove pie from cup. Internal temperature should reach a minimum of 165°F.

NEW! Chicken Roulade with Cranberry Sage Stuffing (do not thaw)

Bake:

- Preheat oven to 350°F.
- Remove film, leaving netting intact.
- Brush roulade with vegetable oil. Place on foil lined baking sheet.
- Bake uncovered for 1 hour 25 minutes to 1 hour 35 minutes or until internal temperature reaches 165°F. Let stand for 20 minutes before serving.
- Remove netting and slice into ½ inch slices. Serves 8-10.

M Mediterranean, Italian, Caribbean, Oven-Roasted, Sesame & BBQ Rubbed Chicken Breasts

These boneless, skinless chicken breasts are precooked. They can be thawed in the refrigerator, sliced and served cold.

FROM FROZEN:

Bake:

- Preheat the oven to 400°F.
- Place on foil lined baking sheet.
- Heat for about 12-15 minutes.

Microwave:

- Place chicken breast in microwave safe dish.
- Cover with paper towel and heat on high for 2-2½ minutes.

FROM THAWED:

Thaw in refrigerator.

Bake:

- Preheat the oven to 400°F.
- Place on foil lined baking sheet.
- Heat for about 8-10 minutes.

Microwave:

- Place pieces in microwave safe dish.
- Cover with paper towel and heat on high for 1-1½ minutes.

Broil or Grill:

- To warm, preheat your broiler or grill. Warm for approximately 3 minutes per side.

Contact Grill:

- Grill for about 2½-3 minutes.

Notes/Comments:

Italian Chicken Pasta Salad

(serves 8-10)

- 1 cup Italian Vinaigrette Salad Dressing
- 16 oz Dry Rigatoni Pasta
- 8 each Omaha Steaks® Italian Chicken Breasts (thaw & chop into ½ inch cubes)
- 1 lb. Mozzarella Cheese (½ in. cubes)
- 12 oz. Can Marinated Artichoke Hearts (drained)
- 12 oz. Can Roasted Red Peppers (drained and ½ in. diced)
- 1 bunch Grilled or steamed Asparagus (white stem removed and chop into 1 inch segments)
- 1 cup Grated Parmesan
- Grill or steam and completely cool Asparagus.
- Cook pasta according to directions on packaging.
- Drain pasta well, place in large bowl and immediately toss with Italian Vinaigrette Salad Dressing.
- Place dressed pasta in a shallow bowl and put in refrigerator to cool completely.
- Toss with rest of ingredients and serve or store in fridge for up to 3 days.

M NEW! Deli-Style Oven-Roasted Turkey Breast Slices

(thaw in refrigerator)

Serve slices warm or cold for sandwiches.

Microwave:

- Place slices on microwave safe dish, cover with plastic, venting one corner.
- Microwave on high for 30 seconds to 1 minute per serving.

Oven:

- Preheat oven to 350°F
- Wrap slices in aluminum foil.
- Bake for 13-15 minutes.

Tip: For a simple Turkey Gravy, refer to recipe on page 42.



Smoky 'n Sweet Pulled Chicken

(fully cooked)

FROM FROZEN:

Microwave:

- Place covered tray in microwave and heat on high for 4 minutes.
- Let rest for 2 minutes.
- Carefully pull back film and stir well with a fork shredding up any larger pulled chicken pieces.
- Replace plastic and microwave on high for 3 minutes. Stir well and serve.

FROM THAWED:

Thaw in refrigerator.

Microwave:

- Place covered tray in microwave and heat on high for 4-5 minutes.
- Let rest for 2 minutes then carefully pull back film and stir well before serving.

Stovetop:

- Remove thawed tray of chicken from packaging and place in saucepan.
- Heat over medium heat will stirring constantly for 5-6 minutes.



Whole Basted Turkey

(thaw 3-4 days in refrigerator*)

Bake:

- Preheat oven to 350°F.
- Remove turkey from the burlap and vacuum-sealed bag.
- Place turkey in cooking bag provided, close with twister tie and place bag in a deep pan or roaster.
- Puncture 6-8 holes in top of bag with fork. For extra browning or for crispness, slit top of bag for last 20-30 minutes of roasting. Turkey will take approximately 2 hours 45 minutes to 3 hours to bake.
- The turkey has a pop up timer you can rely on. No seasoning is needed.

*Turkey Tip: To ensure that your turkey is fully thawed, insert a cooking thermometer into leg making sure that the temperature isn't below 35°F.

Oven-Roasted Turkey Breast

(fully cooked | thaw in refrigerator)

Bake:

- Preheat oven to 350°F.
- Remove from packaging and place in a baking dish. Cover turkey with aluminum foil.
- Bake for 40-50 minutes.

Cold Entrees:

- Slice and serve.

POULTRY COOKING GUIDE

For safety, all poultry products must be cooked to a minimum internal temperature of 165°F as measured by use of a kitchen thermometer.

Turkey "Planned Overs"

- **Turkey Club** – Sourdough bread, mayonnaise, sliced turkey, avocado, bacon, Swiss, lettuce and tomato.
- **TBLT Sandwich** – Sliced Turkey, Bacon, Lettuce and Tomato sandwich.
- **Bagel Bistro** – A nut bagel, cream cheese mixed with cranberry sauce, sliced turkey and lettuce.
- **Turkey Quesadillas** – Shredded or sliced turkey and pepper jack cheese in a floured tortilla.
- **Turkey Crostini** – Toasted baguette slices topped with brie cheese, turkey slice, cranberry sauce and freshly chopped sage.
- **Turkey Salad Wraps** – Combine sliced or diced turkey, diced celery, diced apple, dried cranberries and slivered almonds with mayonnaise. Serve in bib lettuce cups.
- **Turkey Queso Dip** – Heat processed cheese with salsa until completely melted. Stir in heated diced turkey and mix well. Serve with crackers or tortilla chips.
- **Bacon Turkey Skewers** – Cut turkey into strips and wrap with Fully Cooked Bacon Slices. Place one wrapped turkey strip on a skewer. Heat in oven to crisp bacon slices.

Appetizers



M Artichoke & Spinach Dip

Bake: (do not thaw)

- Preheat oven to 400°F.
- Remove film from tray.
- Place tray directly on top oven rack.
- Heat for 35-40 minutes.
- Stir and let rest for 2-3 minutes before serving.

Microwave:

- Remove tray from box. Cut 3 small slits in film on tray.
- Place in microwave and cook on high for 7 minutes. Remove film, stir well and return to microwave to cook on high for another 3 minutes.
- Stir and let the dip rest 2-3 minutes before serving.

M Hot & Spicy Buffalo Chicken Wings

(do not thaw | fully cooked)

Bake:

- Preheat oven to 450°F.
- Spread frozen buffalo wings on a lightly oiled, foil lined pan, leaving 1 inch space between each piece.
- Heat for 18-20 minutes.

Microwave:

- Place 8 frozen wings on microwave safe plate; cover with a paper towel.
- Microwave on high for 3 minutes.
- Flip wings over and heat on high for an additional 1-2 minutes.
- Let sit 1 minute before serving.

Bull Wings

(thaw in the refrigerator)

Pan Saute:

- Preheat 1 tsp. of oil in a nonstick skillet over medium high heat.
 - Remove thawed Bull Wings from packaging and place in hot skillet.
 - Quickly sear for 4-6 minutes until well browned or slightly blackened.
- Broil & grill method on next column.**

Bull Wings - Broil:

- Preheat broiler.
- Remove thawed Bull Wings from packaging and place on broiler pan.
- Broil for 2-3 minutes on each side.

Grill:

- Preheat grill to high.
- Remove thawed Bull Wings from packaging. For best results place on skewers to grill bull wings.
- Grill for 2-3 minutes on each side.

Chicken Cordon Bleu Bites

(do not thaw)

Oven:

- Preheat oven to 425°F.
- Remove desired number of pieces and place on a foil lined baking sheet allowing 1 inch or more between pieces. If necessary use two baking sheets.
- Bake uncovered for 15-16 minutes. Let rest, stuffing will be hot.

Filet Mignon Pastry Bites

(do not thaw)

Bake:

- Preheat oven to 400°F.
- Remove desired number of pieces from packaging.
- Place on foil lined baking sheet allowing 1-2 inches between pieces.
- Bake for 25-30 minutes. Allow to cool 2-3 minutes before serving.

Filet Mignon Spring Rolls

(do not thaw)

Bake:

- Preheat oven to 400°F.
- Place spring rolls on a foil lined baking sheet, leaving about 2 inches between pieces. Bake for 20 minutes or until internal temperature is 165°F.
- Let rest 3 minutes before serving.
- Caution: Filling will be hot.

Gourmet Franks in a Blanket

Bake: (do not thaw)

- Preheat oven to 400°F.
- Remove desired number of pieces from package.
- Place on a foil lined baking sheet allowing 1-2 inches between pieces.
- Bake for 18-20 minutes. Allow to rest 2-3 minutes before serving.

Premium Norwegian Lox

Thaw in the refrigerator and serve. Serve with bagels and cream cheese, rye crispbread or crustini.

Tip: Create your very own crostini or toast points by brushing ½" sliced artisanal baguette bread with olive oil and toasting under broiler until golden.

Shrimp & Crab Parmesan Dip

(thaw in refrigerator)

Bake:

- Preheat oven to 350°F.
- Remove dip from package and place dip in a shallow baking dish.
- Bake for about 15-20 minutes or until shrimp is opaque and dip is light golden brown on top.
- Serve the dip hot with assorted crackers and baguette slices.

M meat Antipasto Bread Loaves

FROM THAWED:

Thaw in refrigerator.

Bake:

- Preheat oven to 350°F.
- Place thawed bread on shallow baking pan leaving film on the antipasto bread.
- Heat in oven for 20-30 minutes until the center is melted.

Microwave:

- Leave film on product. Puncture film with utensil.
- Place thawed bread in microwave. Cook on high for 2-4 minutes until center is melted, rotating halfway through cooking.

Additional methods on next column.

**Antipasto Bread Loaves continued-
FROM FROZEN:**

Do not thaw.

Bake:

- Preheat oven to 350°F.
- Place on baking sheet leaving film on product, venting one end.
- Bake for 50-60 minutes until the center is melted.

Microwave:

- Leave film on product; vent one end.
- Cook on high for 4-6 minutes until the center is melted, rotating halfway through the cooking process.
- Slice and serve. If desired, serve with your favorite marinara sauce.

Tenderloin Tips Appetizers, Bacon-Wrapped

(makes about 32 appetizers)

- 3 lbs. Omaha Steaks Tenderloin Tips, thawed
- 32 Omaha Steaks Precooked Bacon Slices
- 1 jar Omaha Steaks All Natural Steak Seasoning
- 32 Toothpicks

- Preheat oven to 450°F.
- Sprinkle each tenderloin tip with the Omaha Steaks All Natural Steak Seasoning.
- Wrap a slice of precooked bacon around each tenderloin tip and push a toothpick through to secure.
- Place on a baking sheet and bake for 3 minutes. Flip and bake another 2-3 minutes. Serve immediately.

Pepper Jack Risotto Cakes also make a great appetizer. See page 44 for preparation instructions.

Notes/Comments:

Pasta & Soup



Cook these pastas and soups to an internal temperature of 350°F

M Traditional Beef Lasagna

FROM FROZEN:

Oven:

- Preheat oven to 350°F. Carefully remove film from tray before baking.
- Place frozen tray on a baking sheet in center of oven.
- Bake 55-60 minutes. Remove and let stand for 5 minutes; slice and serve.

Microwave:

- Cut small slit in center of film.
- Place frozen tray in microwave and cook on medium high for 9-10 min.
- Remove from microwave with oven mitts and let stand 5 minutes.
- Carefully remove film; slice and serve.

FROM THAWED:

Thaw in refrigerator.

Oven:

- Preheat oven to 350°F. Carefully remove film from tray before baking.
- Place tray on baking sheet in center of oven.
- Bake 35-40 minutes. Remove from oven; slice and serve.

Microwave:

- Cut small slit in center of film.
- Place thawed lasagna in microwave and cook on high 4-5 minutes.
- Carefully remove film; slice and serve.

Maine Lobster Ravioli

(do not thaw)

Stovetop:

- Bring 3 quarts of water to a boil in a large saucepan.
- Add sauce pouch. After 1½ minutes remove ravioli from the bag and add to water.
- Cook for 3 minutes or to desired tenderness, stirring occasionally.
- Remove sauce pouch and strain ravioli.
- On a plate, pour sauce over ravioli.

M Meat Lover's Lasagna

(do not thaw)

Oven:

- Preheat oven to 350°F. Carefully remove film from tray before baking.
- Place frozen tray on a baking sheet in center of oven.
- Bake 1 hour and 15 minutes to 1 hour 25 minutes. Remove and let stand for 5 minutes; slice and serve.

Microwave:

- Cut small slit in center of film.
- Place frozen tray in microwave and cook on high for 13-14 minutes.
- Remove from microwave and let stand 5 minutes.
- Carefully remove film; slice and serve.

M Roasted Vegetable Lasagna

(do not thaw)

Oven:

- Preheat oven to 350°F. Carefully remove film from tray before baking.
- Place frozen tray on a baking sheet in center of oven.
- Bake 1 hour to 1 hour and 5 minutes. Remove and let stand for 5 minutes; slice and serve.

Microwave:

- Cut small slit in center of film.
- Place frozen tray in microwave and cook on high for 8-10 minutes.
- Remove from microwave and let stand 5 minutes.
- Carefully remove film; slice and serve.

Turn entrées into appetizers

- **Maine Lobster Ravioli** - serve heated Maine Lobster Ravioli individually with warmed White Wine Butter Sauce as a dip.
- **Ultimate Mac & Cheese Lasagna** - Cut baked lasagna into 1 x 1 inch squares and insert a toothpick for a quick appetizer.

M Shrimp Fettuccine Alfredo

(do not thaw)

Stovetop:

- Open the fettuccine and place in a strainer in the sink under running hot water until thawed.
- Heat a large nonstick saute pan over medium heat for 5 minutes.
- Remove shrimp from packet and place in the pan. Cook shrimp for 4 minutes before flipping over and cooking for another 3 minutes.
- Drain fettuccine well. Add to saute pan with shrimp.
- Cook, while stirring, for 2-3 minutes.
- Plate Shrimp Fettuccine Alfredo. Sprinkle with grated Parmesan cheese.

Microwave:

- Open the fettuccine and place in a strainer in the sink under running hot water until thawed. Remove shrimp from packet and put in a microwave safe dish.
- Cover with plastic wrap, venting one corner.
- Microwave on high for 3 minutes. Stir shrimp and recover. Return to microwave and heat for 1 minute.
- Drain fettuccine well. Add to the dish with shrimp; stir well. Cover and vent.
- Return to microwave and cook on high for 2-3 minutes. Stir.
- Plate Shrimp Fettuccine Alfredo. Sprinkle with grated Parmesan cheese.

M Ultimate Mac & Cheese Lasagna

(do not thaw)

Oven:

- Preheat oven to 350°F. Carefully remove film from tray before baking.
- Place frozen tray on a baking sheet in center of oven.
- Bake 40 minutes. Remove and let stand for 5 minutes; slice and serve.

Microwave:

- Place frozen tray, with film intact, in microwave and cook on high for 3 minutes and 45 seconds to 4 min.
- Remove from microwave and let stand 3-5 minutes.
- Carefully remove film; slice and serve.

M NEW! Chicken Fettuccine Alfredo

(do not thaw)

Oven:

- Preheat oven to 400°F.
- Remove cello packaging; place on baking sheet.
- Heat uncovered for 40-45 minutes; stir well before serving.

Microwave:

- Place tray in microwave with the packaging intact.
- Cook on high for 8 min. Let sit 1 min.
- Carefully open packaging and stir well before serving.

M Soups

Lobster Bisque,
NEW! Omaha's Steakhouse Chili,
NEW! Tuscan Tomato
Florentine Soup &
NEW! Santa Fe's Black
Bean Soup

(do not thaw)

Stovetop:

- Bring enough water to boil in pot to submerge soup bag; place bag of soup in water.
- Reduce heat to medium and let simmer 30 minutes.
- Remove bag with tongs and carefully cut open corner using scissors.
- Pour into serving bowl and serve.

Microwave:

- Place unopened bag in microwave.
- Microwave on defrost for 6-8 min.
- Carefully cut open corner of bag and pour into a microwave safe dish.
- Microwave on high for 5 minutes; stir well before serving.

Notes/Comments:

Desserts



- 4" Carnegie Deli Cheesecake...Serves 3-4
- 6" Carrot Cake.....Serves 6-8
- 10" Cheesecake Sampler.....Serves 16
- 6" Chocolate Lover's Cake...Serves 6-8
- 6" New York Cheesecake.....Serves 6

Remove desserts from the box. Place in the refrigerator and thaw overnight or the cakes may be thawed at room temperature for 1-2 hours maximum. Slice and serve. Keep cakes covered in the refrigerator for up to 7 days.

Cheesecakes are easier to slice or to separate precut slices while they're cold or partially frozen. To fully thaw, allow four hours refrigerated or two hours at room temperature. To get optimum flavor, serve cool or close to the room temperature. Cover and refrigerate any unused portions.

To make the New York Cheesecake more festive, top with fresh fruit or fruit sauce of your choice. Refrigerate any unused portions of the cheesecake.

Tip for Cutting: using a hot, wet knife makes slicing a cheesecake much easier. Also works well for partially thawed cakes.

Caramel Apple Tartlets (do not thaw)

Bake:

- Preheat oven to 400°F.
- Remove from wrap.
- Place on foil lined baking sheet allowing 3-4 inches between each.
- Bake for 18-20 minutes.

Microwave:

- Remove from wrap.
- Place on microwave safe plate.
- Cook on high for 60-70 seconds.

Chocolate Molten Lava Cakes (do not thaw)

Bake:

- Preheat oven to 400°F.
- Remove packaging, including cup from cake. To remove cake from cup, turn upside down and apply pressure to center of cup with thumbs while holding the edges.
- Place desired number of cakes on baking sheet. Bake 15-17 minutes.
- Remove from oven and allow to rest for 1-2 minutes. Carefully lift cakes from the baking sheet to plate with spatula.

Microwave:

- Remove plastic film from cake.
- Turn cake upside down on the microwave safe plate.
- Loosen from the cup by applying pressure to center of cup with thumbs while holding the cup edges. Do not remove cup.
- Cook on high for 45-50 seconds.
- Remove the cup and serve.

Dark Chocolate Chunk Cookie Dough & Milk Chocolate Macadamia Nut Cookie Dough (do not thaw)

Bake:

- Preheat oven to 350°F.
- Break off frozen squares of cookie dough and place on ungreased cookie sheet, spacing 2 inches apart.
- Line cookie sheet with parchment paper, if desired.
- Place in oven on center rack and bake for about 12-14 minutes.
- Remove cookies from oven and with a spatula place cookies on a raised rack to cool before serving.

NEW! Fudge-Filled Brownies

- Remove cello wrap from frozen brownie cookie
- Place frozen brownie cookie on microwave safe plate.
- Heat on high for 40-45 seconds; let rest in microwave 1 minute
- *Caution, center may be hot*

Creme Brulee

(fully cooked)

FROM FROZEN:

- Preheat broiler on high setting. Position top rack 3-4 inches from broiler element so that the top of the Creme Brulee will be 1-2" from broiler element.
- Remove seal and plastic lid from ramekin and place on baking sheet.
- Sprinkle one package of sugar evenly across each Creme Brulee.
- Place Creme Brulee so top is 1-2" under broiler element for 4-6 minutes or until golden brown.
- Remove from boiler and let stand 10-15 minutes before serving.

FROM THAWED:

- Thaw over night in refrigerator. Remove seal and lid. Serve cold.

Cream Puffs

- Remove tray of cream puffs from box. For best results, place in refrigerator and thaw overnight.
- For room temperature thawing: remove the plastic covering and then thaw at room temperature for about 1 ½ hours prior to serving.
- Keep in a covered container for up to 7 days in the refrigerator.

NEW! Dulce de Leche Pyramids

- Remove all plastic packaging while product is frozen by breaking it open from the scored side.
- Place on serving plate and thaw at room temperature for approximately 1 hour or in the refrigerator for 3 hours.
- Once defrosted, cover and store any unused portion in the refrigerator up to 5 days.

Individual New York Cheesecakes

- Remove cello wrap from cups.
- Carefully remove frozen cheesecake from cup by applying pressure to the bottom of the cup with thumbs while holding the edges.
- Place on a serving plate and thaw for approximately 2 hours at room temperature or 5-6 hours in the refrigerator covered with plastic wrap.
- Store any unused portions covered in the refrigerator for up to 7 days.

Individual Tiramisu Cakes

- Remove cello wrap from cups.
- Carefully remove frozen Tiramisu from cup by applying pressure to the bottom of the cup with thumbs while holding the edges.
- Place on a serving plate and thaw for approximately 1 - 1 ½ hours at room temperature or 3-4 hours in the wrap.
- Store any unused portions covered in the refrigerator for up to 7 days.

Key Lime Tartlets

- Remove frozen tartlets from packaging and foil pan and place on serving plate.
- Thaw in refrigerator for 3 hours or overnight.
- Remove from refrigerator and serve cool. Cover and refrigerate any unused portions for up to 7 days.
- Sugar crystals may naturally form while frozen and will disappear once thawed.

NEW! Individual Pumpkin Cheesecakes

- Take out the desired number of cheesecakes from freezer and remove outer plastic wrap.
- Carefully remove cheesecake from cup by applying pressure to the bottom of the cup with thumbs while holding the edges.
- Place on a serving plate and thaw approximately 2 hours at room temperature or 5-6 hours in the refrigerator covered with plastic wrap.
- Store any unused portions covered in the refrigerator for up to 7 days.

NEW! Individual Marble Cheesecakes

- Take out desired number of cheesecakes from freezer and remove outer plastic wrap.
- Carefully remove cheesecake from cup by applying pressure to the bottom of the cup with thumbs while holding the edges.
- Place on a serving plate and thaw approximately 2 hours at room temperature or 5-6 hours in the refrigerator covered with plastic wrap.
- Store any unused portions covered in the refrigerator for up to 7 days.

Raspberry Sauce

Add a special finishing touch to your desserts by garnishing with a Raspberry Sauce.

2 cups Fresh raspberries
½ cup Powdered sugar

- Combine raspberries and powdered sugar in a blender until smooth.
- Strain if desired. Makes 1½ cups.
- Place raspberry puree in squirt bottle container.
- Starting at the center of dessert plate, form circles. (1)
- Using a paring knife, starting at center, pull through circles at even intervals. (2)
- Place dessert on plate and serve.

1.

2.

Notes/Comments:

NEW! Lemon Tart

- Remove tart from packaging.
- Thaw at room temperature for 1 hour or 3 hours in the refrigerator.
- Cover and store any unused tart portions in the refrigerator for up to 7 days.

NEW! Individual Lithuanian Tortes

- Remove cello wrap and cup from frozen torte.
- To remove torte from cup, turn upside down and carefully apply pressure to the center of cup with thumbs while holding the edges onto a serving plate.
- Thaw for approximately 45 minutes to 1 hour at room temperature or 2-3 hours in refrigerator covered with plastic wrap.

Tip: For an upscale restaurant presentation garnish desserts with fresh berries and fresh mint sprig.

M Sour Cream Coffee Cakes

Remove your desired number of cakes from box. For best results, place in the refrigerator with wrap intact and thaw overnight. For room temperature thawing, leave wrap intact and thaw for approximately 1 to 1½ hours.

FROM FROZEN:

Bake:

- Preheat oven to 400°F.
- Remove wrap from cake and place on a baking sheet.
- Bake for 12-14 minutes. Let rest 1 minute before removing from tray to serve.

Microwave:

- Remove cake from wrap and place on a microwave safe plate.
- Microwave on high for 35-45 seconds. Let rest for 1 minute before serving.

Sauces & Glazes



M All-Natural Turkey Gravy

(do not thaw)

Microwave:

- Microwave covered tray for 5 minutes.
- Peel back film, stir and cook for an additional 1 minute.

Stovetop:

- Remove gravy from tray and place in saucepan.
- Heat over medium heat for 8-10 minutes, stirring constantly.

M Omaha's Best Genuine Steak Gravy & NEW! Country-Style White Gravy

(do not thaw)

Stovetop:

- Briefly run sauce cup under water to loosen packaging. Remove lid and film covering cup. Turn cup upside down and apply pressure to center of cup with thumbs while holding edges to remove the sauce from cup.
- Place in saucepan over medium heat.
- Bring sauce to a boil, stirring often.
- Remove from heat and serve.

Microwave:

- Briefly run gravy cup under water to loosen packaging. Remove lid and film covering cup. Turn cup upside down and apply pressure to center of cup with thumbs while holding edges to remove the gravy from cup.
- Place in microwave safe dish. Cover with plastic wrap, making a few small slits in the plastic.
- Microwave on high for 3 minutes for 1 cup and 4 minutes for 2 cups.

Omaha's Best Genuine Steak Gravy is a classic beef demi glaze. Use in any recipe calling for demi glaze.

Use Omaha's Best Genuine Steak Gravy as a base for new finishing sauces to glaze steaks, roasts, pork, veal or lamb.

• **Use our International Glazes:**

Combine 2 (4 oz. pkgs.) Steak Gravy with 1 (4 oz.) tube of Glaze (Napa Cabernet, Tuscan Balsamic or Trio-of-Chiles Glaze)

• **Dijon Mustard & Cabernet Sauce:**

Combine 2 (4 oz. pkgs.) Steak Gravy with 1/8 cup Dijon mustard and 1/4 bottle of Cabernet Wine that has been reduced by 2/3's.

• **Peppercorn Glaze:**

Combine 2 (4 oz. pkgs.) Steak Gravy with 1 tsp. crushed Green Peppercorns and 1 Tbsp. Cognac (optional)

• **Bacon Mustard Sauce:**

Combine 2 (4 oz. pkgs.) Steak Gravy with 2 Tbsps. Dijon mustard, 1 oz. Precooked Bacon crumbled and 1/2 cup of red wine that has been reduced by 2/3's.

• **Chipotle Demi Sauce:**

Combine 2 (4 oz. pkgs.) Steak Gravy with 1 Tbsp. Chipotle in Adobo Sauce, pureed.

M Lemon Parsley Butter Sauce

(do not thaw)

Grill or Broil:

- Remove plastic and slice into 3/4" portions.
- Season and grill or broil seafood.
- Place one portion of sauce on seafood after flipping to second side, continue to cook until reaches desired doneness.

Microwave:

- Remove sauce from packaging and place in a covered microwave dish.
- Heat for 45-60 seconds.

Use as an accompaniment to seafood entrees such as Butterflied Trout Fillets, King Crab Legs, Lobster Tails, Salmon Fillets and Swordfish Steaks.

Napa Cabernet, Tuscan Balsamic & Trio-of-Chiles Glazes

(do not thaw)

Grilling: 3 Steps to the perfect finish

- Remove plastic wrap from frozen glaze and slice into 8 even portions (approximately $\frac{3}{4}$ " each).
- Season and grill or broil meat, poultry or fish as desired on first side.
- Flip and place one portion of glaze on top of the meat, poultry or fish. Continue cooking to desired degree of doneness on second side. Serve.

Pan Saute: 3 Steps to the perfect finish

- Remove plastic wrap from frozen glaze and slice into 8 even portions.
- Season and pan saute meat, poultry or fish as desired. Remove from pan and place on plate; turn off heat.
- Add glaze directly to the hot pan drippings, one portion per meat, poultry or fish serving. Stir until just melted and pour even amounts over each meat, poultry or fish serving.

M Seasoned Butter Sauce

(do not thaw)

Microwave:

- Remove sauce from packaging and place in a covered microwave dish.
- Microwave for 45-60 seconds.

Grill or Broil:

- Remove plastic, slice into $\frac{3}{4}$ " portions.
- Season and grill or broil meat.
- Place one portion of sauce on meat after flipping to second side, continuing to cook until meat is desired doneness.

Pan Saute:

- Remove plastic, slice into $\frac{3}{4}$ " portions.
- Pan saute meat until done. Remove from pan, turning off heat.
- Add one portion of sauce per meat serving to hot pan drippings. Stir until melted and pour over entree.

Sauce Pairing Suggestions

Apricot Mango Wasabi Sauce:

Coconut Shrimp, Ahi Tuna, Jumbo Shrimp & Pork Chops.

Sweet and Tangy Cocktail Sauce:

Jumbo Shrimp, Coconut Shrimp, and Oven Fried Shrimp.

Lemon Dill Tartar Sauce:

Pub-Style Cod, Seafood Fillets & Steaks, King Crab Legs, Sole Almondine, Stuffed Sole & Oven Fried Shrimp.

Turkey Gravy

Makes approximately 1 quart gravy.

3 Tbsp. Butter
3 Tbsp. All purpose flour
2 cups Turkey drippings, defatted
1 cup Water

- In a small saucepan, melt butter over low heat. Add flour and stir using a whisk to form a roux.
- Cook the roux for 2-3 minutes over low heat. Add turkey drippings and water to roux, bring to a boil. Adjust seasoning if necessary and serve

Simple White Gravy

4 Tbsp Butter
4 Tbsp. Flour
Salt & Pepper
2 $\frac{1}{2}$ c. Milk

- Melt butter in saucepan over low heat. Blend in flour, salt and pepper; cook until smooth and bubbly. Stir in milk. Heat to boiling on medium heat, stirring constantly. Stir and boil 1 minute.

White Sauce with Wine

6 Tbsp. Butter
6 Tbsp. Flour
1 cup Chicken broth
1 cup Heavy cream
1 Tbsp. Sherry or dry white wine
1 tsp. White pepper

- Melt butter. Remove from heat, blend in flour and return to heat. Stir and cook a few minutes.
- Gradually stir in broth and simmer, stirring constantly until thick.
- Gradually blend in cream, then sherry or wine. Season to taste. Serve over chicken, fish or egg dishes.

Side Dishes



M Asparagus Spears with Hollandaise Sauce

Bake: (do not thaw)

- Preheat oven to 350°F. Carefully remove film from tray before baking.
- Place tray on baking sheet on oven center rack.
- Bake 35 minutes; remove from oven and serve.

Microwave:

- Cut slit in center of film.
- Place tray in microwave; cook on high for 3-4 minutes; carefully remove film and serve.

M Broccoli & Cauliflower in Roasted Garlic Oil

Bake: (do not thaw)

- Preheat oven to 350°F. Carefully remove film from tray before baking.
- Place tray on baking sheet on oven center rack.
- Bake 25 minutes; remove from oven, stir and serve.

Microwave:

- Cut slit in center of film.
- Place tray in microwave; cook on high for 2 minutes.
- Carefully remove film, stir and cook on high for 30 seconds-1 minute; stir and serve.

Cheddar Cheese Hash Browns

Bake: (do not thaw)

- Preheat oven to 400°F.
- Remove desired number of hash browns from packaging.
- Place on a baking sheet lined with parchment paper or foil, allowing 1-2 inches between pieces.
- Bake for 30-35 minutes.
- Let cool 2-3 minutes before serving.

Chipotle Sweet Potato Fries

Oven: (do not thaw)

- Preheat oven to 400°F.
- Remove desired number of fries from packaging. Place fries on a foil lined baking sheet allowing space between pieces.
- Place baking sheet on the center rack in the oven.
- Bake for 20-22 minutes.

M Classic Spanish Rice

Microwave: (do not thaw)

- Place tray, with film intact, in the microwave. Heat on high for 6-6½ minutes. Remove from microwave.
- Let stand for 1 minute before removing film. Stir and serve.

Oven:

- Preheat oven to 350°F.
- Place tray with film intact, on a baking sheet on the center rack of the oven.
- Bake for 40-45 minutes.
- Carefully peel back film and stir well.

M Colossal Baked Potatoes

(do not thaw)

Microwave:

- Place frozen potato in cello wrap on a microwave safe dish.
- Microwave on high for 6-7 minutes for 1 potato. For 2 potatoes, microwave on high 10-11 minutes.
- Let rest 1-2 minutes before serving.

Oven:

- Preheat oven to 400°F.
- Remove frozen potatoes from cello wrap and place on a foil lined baking sheet with 2-3 inches of space in between each potato. Heat for 1 hour.

M **Creamed Spinach**

(do not thaw)

Bake:

- Preheat oven to 350°F.
- Remove plastic film from tray.
- Cover with foil.
- Place tray on baking sheet on middle rack of oven. Heat for 60 minutes, stirring halfway through cooking time or until heated through.

Microwave:

- Cut slit in film. Place tray in the microwave. Cook on high 4-6 minutes. Remove tray from oven.
- Stir and let stand for 2 minutes. Remove film and serve.

M **NEW! Flame-Roasted Baby Gold Potatoes**

(do not thaw)

Microwave:

- Place bag with package directed (This side up) in microwave; cook on high for 3½ minutes. Let rest 1 minute before carefully opening bag.

Oven:

- Preheat oven to 400°F.
- Remove potatoes from packaging and place on a foil lined baking sheet.
- Cook for 30 minutes; serve.

M **Green Bean Casserole**

(do not thaw)

Bake:

- Preheat oven to 350°F. Carefully remove film from tray before baking.
- Place tray on baking sheet on oven center rack.
- Bake 40 minutes; remove from oven and serve.

Microwave:

- Cut slit in center of film.
- Place tray in microwave; cook on high for 4 minutes.
- Carefully remove film, stir and cook on high for 3 minutes; stir and serve.

For a great vegetable combination, try mixing together our Glazed Carrots with Broccoli & Cauliflower after heating.

M **Mixed Vegetables**

(do not thaw)

Stovetop:

- Place frozen vegetables in about ¼ cup boiling water. Allow water to return to a boil and cover.
- Reduce heat to medium, stirring often for even heating. Heat until vegetables reach desired tenderness. Season as desired.

Microwave:

- Place vegetables in microwave safe dish. Add 2 Tbsp. of water and cover.
- Cook on high 8-10 minutes, stirring vegetables after 4-5 minutes.
- Remove from microwave; serve.

Omaha Steakhouse® Fries

(do not thaw)

Oven:

- Preheat oven to 450°F.
- Remove fries from packaging and place on a foil lined baking sheet leaving space in between.
- Place sheet in oven on center rack.
- Bake for 17-18 minutes.

M

Pepper Jack Risotto Cakes

FROM FROZEN:

Bake:

- Preheat oven to 350°F.
- Place desired number of servings on foil lined or nonstick baking sheet, allowing about 2" between pieces.
- Bake for 30-35 minutes.

Microwave:

- Place 1-2 on a microwave safe dish.
- Cook on high for 2-3 minutes.

FROM THAWED:

Thaw in refrigerator.

Pan Saute:

- Preheat 2 tsp. of cooking oil for each Risotto Cake in a nonstick skillet on medium heat.
- Form the Risotto Cake into a patty shape by slightly flattening.
- Add to skillet, cooking for 2½-3 minutes on each side.

M **Potatoes au Gratin**

FROM FROZEN:

Bake:

- Preheat oven to 425°F.
- Place desired number of servings on foil lined or nonstick baking sheet, allowing 2" between pieces.
- Bake for 25-30 minutes.

Microwave:

- Place 1-2 on microwave safe dish.
- Cook on high for 1-3 minutes.

FROM THAWED:

Thaw in refrigerator.

Pan Saute:

- Preheat 2 tsp. of cooking oil for each Potatoes au Gratin portion in a large nonstick skillet on medium heat.
- Form Potatoes au Gratin into a patty by slightly flattening.
- Add to skillet, cooking for 2½-3 minutes on each side.

M **Roasted Garlic Mashed Potatoes**

Bake: (do not thaw)

- Preheat the oven to 350°F.
- Remove cellophane covering tray and place on a baking sheet.
- Bake for about 45-50 minutes.

Microwave:

- Remove the cellophane covering tray.
- Cook on high for 3-4 minutes; stir.
- Return to microwave and cook for 1 minute. Let rest for 1 minute.

M **NEW! Smashed Red Potatoes**

Microwave: (do not thaw)

- Place tray of potatoes with cello wrap intact in microwave.
- For one tray, cook on high for 2½ minutes; for 2 trays, cook on high for 5 minutes
- Let rest 1 minute; carefully remove cello wrap and serve.

Oven:

- Preheat oven to 400°F
- Remove cello wrap from tray and place potatoes in trays on a foil lined baking sheet.
- Cook for 30 minutes; serve.

M **Steakhouse Potatoes**

Microwave: (do not thaw)

- Remove plastic film from tray.
- Place frozen tray in microwave; cook on high for 4 minutes.
- Remove from microwave, gently stir, and return to microwave.
- Cook on high for 2-2½ minutes.

Bake:

- Preheat oven to 400°F.
- Remove plastic film from tray, cover with foil and place on baking sheet.
- Place baking sheet on the center oven rack; bake for 45 minutes.
- Remove foil covering tray, baking an additional 10-15 minutes.
- Remove from oven, let stand for 5 minutes before serving.

Grill:

- Preheat grill to medium
- Remove Fries from plastic packaging and place on a perforated grilling pan.
- Heat over grill for 10-15 minutes, stirring constantly.

M **Stir-Fry Vegetables**

Stovetop:

- Heat 1 Tbsp. of oil in saute pan for about 2 minutes.
- Add frozen vegetables to pan.
- Stir-fry for approximately 5 minutes.

Microwave:

- Pour the package of vegetables in a microwave safe dish; breaking apart.
- Cover dish with plastic wrap, venting one corner.
- Microwave on high for 7-8 minutes.
- Let rest for 1 minute. Carefully remove plastic wrap.

Notes/Comments:

M **Stuffed Baked Potatoes**

(do not thaw)

Bake:

- Preheat oven to 350°F.
- Remove potato from the package.
- Place desired number of frozen portions on a foil lined baking sheet.
- Bake 40 minutes, until heated through and lightly browned.

Grill:

- Preheat grill.
- Remove potato from packaging.
- Place frozen potatoes on a sheet of aluminum foil. Wrap foil around potatoes, leaving top half exposed.
- Grill on medium-high heat. Cook with grill lid down 35-45 minutes.

Microwave:

- Remove potato from packaging.
- Place one frozen potato on microwave safe dish.
- Cook on high for 2½-4 minutes, rotating at halfway point. To cook two potatoes, cook 4-6 minutes.

M **Roasted Vegetable Medley**

(do not thaw)

Bake:

- Preheat oven to 350°F. Carefully remove film from tray before baking.
- Place tray on baking sheet on oven center rack.
- Bake 35-40 minutes; remove from oven, stir and serve.

Microwave:

- Cut slit in center of film.
- Place tray in microwave; cook on high for 2-3 minutes.
- Carefully remove film, stir and cook on high for 1-2 minutes; stir and serve.

Notes/Comments:

M **Whipped Sweet Potatoes**

(do not thaw)

Bake:

- Preheat oven to 350°F.
- Remove film from tray. Cover the sweet potato tray with foil.
- Place tray on baking sheet on middle rack of oven. Heat for 30 minutes.
- Stir. Place foil on tray, heat for another 30 minutes.

Microwave:

- Cut slit in film.
- Place tray in microwave oven and cook on high 4-6 minutes, rotating tray halfway through cooking.
- Remove from microwave, stir and let stand for 2 minutes. Remove film.

M **Green Beans or Glazed Carrots or Sweet Corn Medley**

(do not thaw)

Bake:

- Preheat oven to 350°F; carefully remove film from tray before baking.
- Place on baking sheet on oven center rack.
- Bake for 35-40 minutes; remove from oven, stir and serve.

Microwave:

- Cut slit in center of film.
- Place tray in microwave; cook on high for 2-3 minutes.
- Carefully remove film, stir and cook on high for 1-2 minutes.

Entertaining Tip:

To heat several trays, pop out of tray frozen, place in glass baking dish.

Omaha Steaks® Beef

Nutritional Facts Chart



3oz. Raw, Uncooked Serving	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Protein	Iron	Calcium
Beef			g	g	g	mg	mg	g	%DV	%DV
Brisket	240	170	19	8	0	70	50	15	8	2
Chuck Flat Iron	160	90	10	3.5	0	55	65	16	10	0
Porterhouse	220	150	17	7	0	60	45	15	10	0
Ribeye Steak	230	170	19	8	0	60	50	15	8	0
Strip Loin Steak	200	120	14	5	0	50	45	18	8	2
Tenderloin, Filet Mignon Steak	210	140	15	6	0	55	45	17	6	2
Tenderloin, Triple-Trimmed Steak	130	50	6	2	0	60	50	19	8	2
Top Sirloin Steak	180	110	12	5	0	45	45	17	6	2
Top Sirloin Steak, London Broil	110	35	4	1.5	0	40	50	19	8	2
Top Sirloin Steak, Sirloin Supreme	110	25	3	1	0	30	50	19	8	2
T-Bone Steak	200	130	14	6	0	55	45	16	10	0
Roast, Prime Rib	230	170	19	8	0	60	50	15	8	0
Roast, Sirloin Tri-Tip	170	100	11	4.5	0	55	50	17	10	0
Roast, Tenderloin Chateaubriand	210	140	15	6	0	55	45	17	6	2
Roast, Top Sirloin	180	110	12	5	0	45	45	17	6	2

*Not a significant source of Total Carbohydrates, Dietary Fiber, Sugar, Vitamin A or Vitamin C. Nutrition information is based on actual lab analysis or published resources. Percent daily values (DV) are based on a 2,000 calorie diet.

Notes/Comments:

Omaha Steaks® Pork, Veal, Lamb & Poultry Nutritional Facts Chart

3 oz. Raw, Uncooked Serving	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Protein	Iron	Calcium
Pork			g	g	g	mg	mg	g	%DV	%DV
Center Chop, Loin	140	70	8	2.5	0	60	45	18	2	2
Loin, Tenderloin Roast	100	25	3	1	0	55	45	18	4	0
Lamb			g	g	g	mg	mg	mg	%DV	%DV
Leg, Whole	180	110	12	5	0	60	50	16	8	0
Loin Chop	210	160	18	8	0	50	40	11	6	2
Rib Chop, Frenched	140	70	8	3	0	55	60	17	8	2
Roast, Lamb Rack	290	230	26	11	0	65	50	13	6	2
Veal			g	g	g	mg	mg	mg	%DV	%DV
Veal, Rib Chop	140	70	8	3	0	70	75	16	4	2
Poultry			g	g	g	g	g	g	%DV	%DV
Chicken Breasts, Boneless, Skinless	100	10	1	0	0	55	100	18	2	0

*Not a significant source of Total Carbohydrates, Dietary Fiber, Sugar, Vitamin A or Vitamin C. Nutrition information is based on actual lab analysis or published resources. Percent daily values (DV) are based on a 2,000 calorie diet.

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- 22 Pub-Style Cod Sandwich
- 22 Shrimp Cakes
- 22 Snow Crab Claws
- 22 Sole Almondine
- 22 Stuffed Sole with Scallops & Crabmeat
- 22 Stuffed Sole with Shrimp & Garlic
- 23 Tortilla-Crusted Tilapia Fillets
- 23 Wild Salmon Cakes
- 20 Wild Salmon Fillets

Side Dishes 43-46

- 43 Asparagus Spears with Hollandaise Sauce
- 43 Broccoli & Cauliflower in Roasted Garlic Oil
- 43 Cheddar Cheese Hash Browns
- 43 Chipotle Sweet Potato Fries
- 43 Classic Spanish Rice

Side Dishes: continued

- 44 Creamed Spinach
- 44 Flame-Roasted Baby Gold Potatoes
- 46 Glazed Carrots
- 46 Green Beans
- 44 Green Bean Casserole
- 44 Mixed Vegetables
- 44 Omaha Steakhouse Fries
- 44 Pepper Jack Risotto Cakes
- 45 Potatoes au Gratin
- 43 Private Reserve Colossal Baked Potatoes
- 45 Roasted Garlic Mashed Potatoes
- 46 Roasted Vegetable Medley
- 45 Smashed Red Potatoes
- 45 Steakhouse Potatoes
- 45 Stir-Fry Vegetables
- 46 Stuffed Baked Potatoes
- 46 Sweet Corn Medley
- 46 Whipped Sweet Potatoes

Lamb, Veal & Duckling 28-29

- 29 Duckling Breasts
- 29 Duckling Breasts in Orange Sauce
- 28 Leg of Lamb
- 28 Loin Lamb Chops
- 28 Mint Sauce & Jelly
- 28 Rack of Lamb
- 29 Seasoned Boneless Leg of Lamb
- 29 Veal Parmigiana
- 29 Veal Patties, Italian Breaded

Cooking Charts

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- 48 Pork, Veal, Lamb & Poultry Chart



The cooking times below are for fully thawed steaks.
(Please see page 6 for cooking from frozen.)

The Steak Cooking Chart is based on grilling with charcoal.
When using a gas grill, times may differ but you can still use this chart as a relative cooking-time guide. In addition, you may want to consult the owner's manual that came with your grill.

Omaha Steaks Cooking Chart

Gas or Red Hot Charcoal Grill – Preheat grill on high. Lightly oil or season steaks. Refer to cooking times below. Allow 3-5 minutes resting time before serving steaks. Apply sauce or glaze if desired.

	Thickness	½"	¾"	1"	1 ¼"	1 ½"	1 ¾"	2"
Rare 120°- 130°F	First Side	2	4	5	5	6	7	8
	After Turning	2	2	3	4	4	5	6
Medium Rare 130°-140°F	First Side	3	4	5	6	7	8	9
	After Turning	2	3	4	5	5	6	8
Medium 140°-150°F	First Side	4	5	6	7	7	8	10
	After Turning	2	3	4	5	6	7	8
Well Done 160°-170°F	First Side	5	7	8	9	10	11	13
	After Turning	3	5	6	7	8	9	11

Preheated Oven Broiler – Place pan 2-3 inches away from the broiler heat source.

	Thickness	½"	¾"	1"	1 ¼"	1 ½"	1 ¾"	2"
Rare 120°- 130°F	First Side	4	5	6	7	7	8	10
	After Turning	3	4	5	5	6	7	8
Medium Rare 130°-140°F	First Side	5	6	7	8	8	9	11
	After Turning	4	5	6	6	7	7	9
Medium 140°-150°F	First Side	6	7	8	8	9	9	12
	After Turning	4	5	6	7	7	8	10
Well Done 160°-170°F	First Side	9	10	11	12	13	14	15
	After Turning	7	8	9	10	11	12	13

Omaha Steaks test kitchen equipment may vary from yours in the amount of heat produced.
Verify degree of doneness by using your kitchen thermometer.

Omaha Steaks is committed to being the very best in the business.
Before any product earns the name Omaha Steaks, it must pass through a series of rigid quality & safety checks. You will be thrilled . . . we guarantee it.



- Grain-Fed Beef
- Naturally Aged
- USDA Inspected
- Hand Trimmed
- 100% Guaranteed
- Vacuum Wrapped

FILET MIGNON



The Filet Mignon deserves its reputation as the most tender, elegant steak of all. Carved from the prized tenderloin, this delicate, lightly marbled cut has the mildest flavor of all our steaks.

BONELESS STRIP SIRLOIN STEAK



The Boneless Strip is a firm, well-marbled steak from the heart of the loin. The characteristic white tail keeps it juicy during cooking. Its full flavor and aroma come alive when grilled or broiled.

FILET OF PRIME RIB (RIBEYE)



Our Filet of Prime Rib offers the marvelous texture of a steak and the rich flavor of Prime Rib. The secret is in the flavor kernel, a ribbon of marbling running through the steak, which melts during cooking.

TOP SIRLOIN STEAK



Our leanest, firmest, many say tastiest steak. Our expert steak cutters leave just enough of the exterior fat to bring out its uniquely bold, beefy flavor. If you prefer a steak with a robust taste and texture, this one's for you!

T-BONE & PORTERHOUSE STEAK



Our mighty T-Bone & Porterhouse are two steaks in one! On one side of the bone there's a large New York Strip and on the other, a tender Filet Mignon. Known for its size, it's guaranteed to satisfy the largest appetite!

FLAT IRON STEAK



Our Flat Iron Steak is extra tender and juicy with a robust, beefy flavor that's delicious grilled, broiled or pan fried. Big on flavor, yet completely trimmed, this popular steak is catching on with steak lovers everywhere.